15 QUICK, HEALTHY DINNERS | THE FAST DIET

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

AUGUST 2013

22 DELICIOUS
Power Salads

BOOST ENERGY NATURALLY!

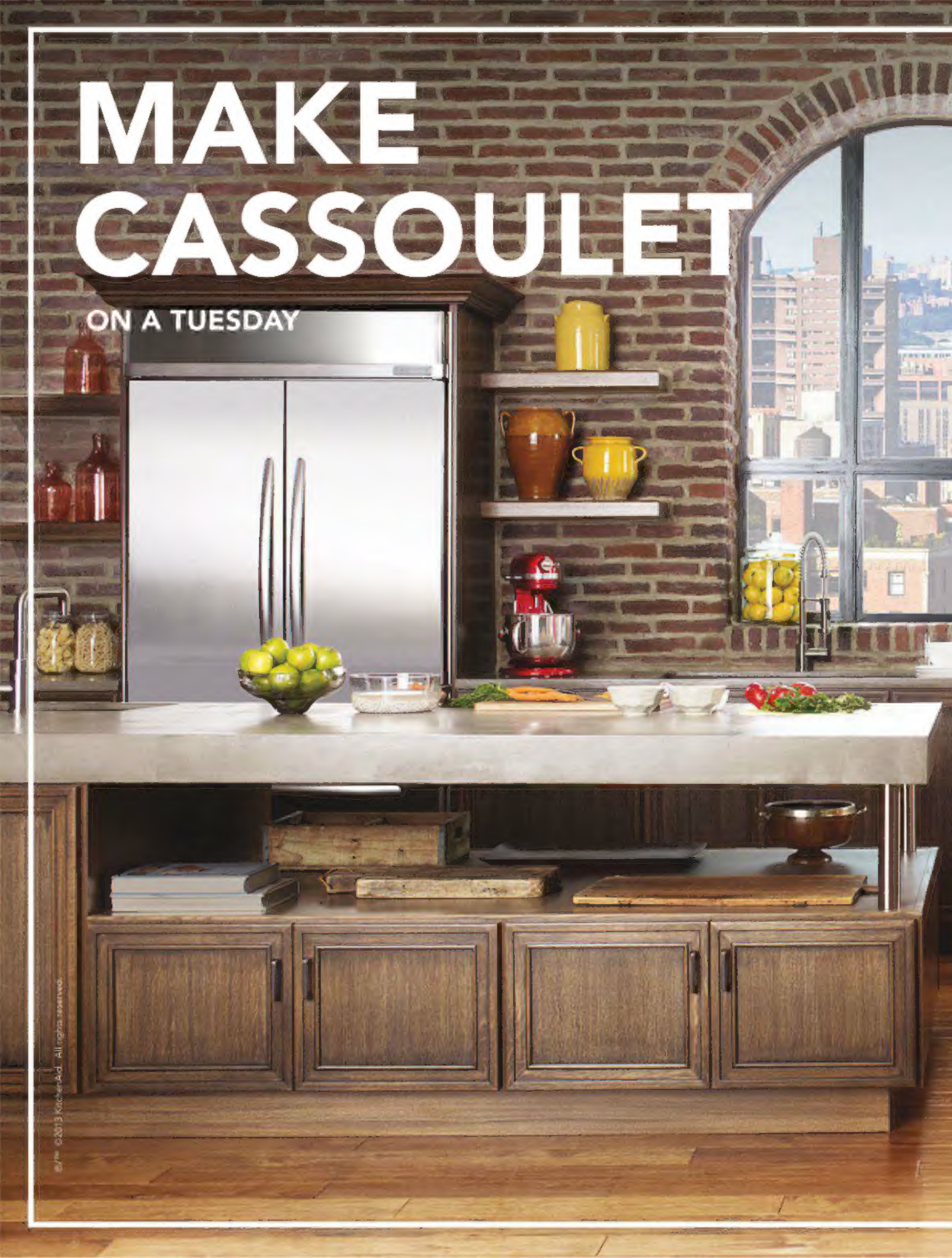
7 Easy, *Refreshing* Desserts

***SIP THIS FOR* LOWER BLOOD PRESSURE**

50 Fresh, Light & Simple RECIPES

WIN A KITCHEN UPGRADE!
PAGE 98

Zucchini Gratin p.46 + Your Best Turkey Burger, *EVER!* p.52 + Champagne & Peach Sorbet p.96


MAKE
CASSOULET
ON A TUESDAY
®/™ ©2013 KitchenAid. All rights reserved.

When you have a KitchenAid® kitchen,
you're surrounded by stainless sous chefs.
Your refrigerator keeps ingredients fresher longer, your oven and cooktop roast evenly and simmer accurately, and your dishwasher overpowers even the stickiest, sauciest messes. So take out the pork sausage, the pork shoulder, the pancetta, the Great Northern beans and last week's duck confit, and take on the French legend whenever inspiration strikes. Because when your ambition and your kitchen have no limits, there's so much more to make.
Find more information and culinary inspiration at kitchenaid.com
KitchenAid

Plainville FARMS

Meet John. He's one of the secret ingredients to our all-natural bird. That's because John raises his turkeys with compassion; nurturing them on an antibiotic-free, vegetarian diet, plenty of fresh air and pure well water. (Just like the good-old-days of 1835 when Plainville Farms started.)

But just because we're rooted in old-fashioned values doesn't mean we don't know a thing or two about satisfying current taste and health needs.

Take our ground turkey for example. It's perfect for serving healthy, homemade meals in a snap. Use it instead of beef in your burgers, meat loaf or lettuce wraps for delicious flavor with today's health sensibilities. Your secret is safe with us.

Scan here for
delicious ground turkey
recipes and tips.

www.plainvillefarms.com

contents

August 2013 Volume XII, Number 4

The Salad Issue

features

27 Energy Crisis
Energy drinks are big business. But can they safely deliver the kick you crave? **By Karen Ansel, M.S., R.D.**

62 Bill and the Beanstalk
Bill Best so loved the quirky green beans his mother grew that he set out to preserve vanishing heirloom varieties. Today other farmers are following suit and bringing a new world of beans to farmers' markets and dinner tables.
By Jane Black
Recipes by Ronni Lundy

70 It's Pizza, It's Salad, It's... Pizz'alad!
Take the virtues of salad and the culinary perfection of pizza, combine them and you have one memorable meal. **By Hilary Meyer**

78 Entertaining Grains
Healthy grains bring new life to hearty summer salads.
By Anna Thomas

86 A Spoonful of Summer
Imagine all the goodness of summer's freshest vegetables and herbs blended in a refreshing, chilled soup: it's gazpacho season, so get chopping!
By Lisa Gosselin
Recipes by Carolyn Casner

Cover photo: © Sarka Babicka Photography/Flickr/Getty Images (cut peach); Ken Burris (whole peach)

Peaches in the issue: pages 14, 83, 96
Find more delicious peach recipes at eatingwell.com/go/peaches

departments

4 **Recipe Index**
6 **From the Editor**
A Salad Days Smackdown
8 **Contributors**
10 **Feedback**

Good Taste • Health • Life
13 Good News About Lobster
14 Recipes for Change
16 Should You Try *The FastDiet*?
18 Smart Slim-Down Strategies
20 Outstanding Salad Dressings
23 What's Your Fridge IQ?

Healthy in a Hurry
33 **Weeknights**
5 Classic Dinner Salads
43 **Fresh Picks**
Beautiful Zucchini Recipes
51 **4 Ways**
Juicy Ground Turkey
57 **Makeovers**
A Healthier Flag Cake

Test Kitchen
93 **Techniques**
Fruit Sorbet in 5 Easy Steps
98 **Ask Stacy**
How to Cook & Shell Lobster
100 **Tips & Notes**

Nourish
104 Buried Treasure **By Biddle Duke**

Ratatouille Black Rice & Farro Salad, page 83

PHOTOGRAPHY BY KATIE QUINN DAVIES

Recipe Index

51 recipes for satisfying dinner salads, cooling gazpachos, fruit sorbets, healthier flag cake and fresh takes on summer zucchini.

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on eatingwell.com.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (see *Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons (or colors) identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- is ready to eat in 45 minutes or less.
- Gluten-Free (see note, above)
- h*w **[Healthy Weight]** has reduced calories and limited saturated fat.
- h*f **[High Fiber]** provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit eatingwell.com/ea/guidelines.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of spring 2013.

More Great Recipes

Go to eatingwell.com/recipes

PAGE			RECIPE	hw	hf	hh	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
							DAILY VALUE (DV)				
							DV: 2,000	DV: <65/20	DV: 300	DV: 25	DV: <2,400
			BREAKFAST & BEVERAGE								
30	⏱		EatingWell Energy Drink				97	0 / 0	26	0	11
44	⏱		Zucchini Pancakes	•			300	15 / 5	34	4	369
			SALAD DRESSINGS								
21	⏱		Balsamic Vinaigrette				145	14 / 2	4	0	182
21	⏱		Carrot-Ginger Vinaigrette				112	11 / 1	2	1	189
21	⏱		Cilantro-Lime Vinaigrette				106	11 / 1	2	0	234
21	⏱		Raspberry-Tarragon Vinaigrette				110	11 / 1	2	1	120
20	⏱		Roasted Red Pepper Vinaigrette				96	7 / 1	5	0	242
20	⏱		Tomato-Garlic Vinaigrette				74	7 / 1	1	0	105
			SOUPS & VEGETABLE SIDES								
88			Blender Gazpacho	•	•	•	220	11 / 1	26	4	518
68			Ginger Bean Chow-Chow	•		•	45	0 / 0	9	2	66
65	⏱		Green Bean & Tommy-Toe Salad	•	•	•	132	11 / 2	8	3	295
68			Meatless Mountain Green Beans with Potatoes	•	•	•	121	4 / 1	20	5	444
46	⏱		Middle Eastern Zucchini Dip	•		•	69	5 / 1	4	1	109
14	⏱		Peach and Radish Salad with French Feta and Almonds				216	17 / 5	12	2	304
88			Seaside Tomato Gazpacho		•	•	252	11 / 2	15	5	462
67			Three Sisters Succotash	•	•	•	128	7 / 2	15	3	300
90			White Gazpacho	•	•	•	211	12 / 1	24	3	521
65	⏱		Wilted Green Bean Salad	•	•	•	76	5 / 1	6	3	222
90			Yellow Gazpacho	•	•	•	136	6 / 1	19	3	464
46	⏱		Zucchini Gratin	•			201	14 / 3	13	2	322
			VEGETARIAN MAIN DISHES & GRAIN SALADS								
80			Corn & Black Bean Quinoa Salad		•		256	14 / 3	28	7	302
44	⏱		Curried Zucchini & Couscous		•	•	251	11 / 1	34	7	321
75	⏱	¢	Loaded Garden Pizz'alad		•		370	15 / 5	48	7	436
72		¢	Margherita Pizz'alad	•			332	12 / 4	44	4	463
83			Ratatouille Black Rice & Farro Salad		•	•	292	14 / 2	38	7	480
83			Red Rice Salad with Peaches & Cucumber	•	•	•	204	9 / 1	30	4	225
84			Roasted Beet & Barley Salad		•	•	262	12 / 1	34	8	367
34	⏱	¢	Roasted Tofu & Peanut Noodle Salad		•	•	423	21 / 2	42	8	546
67		¢	Sunny-Side Beans	•	•		204	11 / 5	17	6	379
83			Tabbouleh with Chickpeas		•		257	10 / 4	35	8	503
			FISH & SEAFOOD								
98	⏱		Boiled Lobsters	•		•	114	1 / 0	0	0	620
99	⏱		EatingWell Lobster Dipping Sauce				76	6 / 4	2	0	75
40	⏱		Southwestern Salmon Cobb Salad		•		385	22 / 8	13	7	696
			POULTRY								
38	⏱		Chicken Salad with Pecans & Dried Cherries	•		•	380	17 / 3	23	3	452
37	⏱		Chopped Chef's Salad	•	•		391	17 / 7	36	6	752
54	⏱	¢	8-Layer Taco Salad	•	•	•	383	20 / 5	29	8	630
52	⏱	¢	Korean Turkey Burgers with Kimchi	•	•	•	341	12 / 3	33	5	731
54	⏱	¢	Turkey Kofta with Tahini Sauce	•		•	255	12 / 3	13	2	474
52	⏱	¢	Turkey Ma Po Tofu (+ *For Two*)	•		•	325	18 / 3	12	1	451
77	⏱	¢	Vietnamese Mango & Chicken Pizz'alad	•	•	•	366	8 / 1	58	6	517
			MEAT								
76		¢	Blue Cheese & Spinach Pizz'alad	•		•	366	12 / 5	49	4	619
38	⏱		Grilled Steak Salad with Tomatoes & Eggplant (+ *For Two*)	•	•	•	359	21 / 4	17	5	652
74		¢	Prosciutto, Asiago & Bitter Greens Pizz'alad	•		•	333	13 / 3	42	4	709
			DESSERTS								
96			Chambord-Raspberry Sorbet (+ *nonalcoholic option*)	•		•	161	0 / 0	34	0	9
96			Champagne & Peach Sorbet (+ *nonalcoholic option*)	•		•	102	0 / 0	20	1	0
58			EatingWell Flag Cake				264	11 / 4	35	2	212
96			Ginger-Blueberry Sorbet	•		•	90	0 / 0	23	2	2
96			Lime-Mango Sorbet	•		•	88	0 / 0	22	2	2
96			Orange-Blackberry Sorbet	•		•	96	1 / 0	22	0	2
96			Port & Plum Sorbet (+ *nonalcoholic option*)	•		•	160	0 / 0	35	2	2
96			Strawberry Sorbet	•		•	99	0 / 0	24	2	296

I'M 48 GOING ON 36.

HELPS SUPPORT HEALTHY CIRCULATION†

Age is just a number—it's your *inner* age that really counts. And on the inside, your blood vessels, which help keep your circulation running smoothly, may become less flexible as you age. The cocoa flavanols in **CocoaVia®** supplement are scientifically proven to help support healthy circulation† by helping your arteries stay flexible at any age to help you look, feel and perform your best. Your heart, brain, muscles, skin—even exercise performance—all depend on healthy circulation for support. And with our patented **Cocoapro®** process—cocoa flavanols are guaranteed.

CocoaVia® is a daily cocoa extract supplement with 250mg of cocoa flavanols per serving. With 30 calories per single-serve stick pack, **CocoaVia®** supplement mixes easily with coffee, yogurt, milk and more. No added sugar, artificial colors, flavors or preservatives. Be your inner best with **CocoaVia®** cocoa extract supplement!

You. Renewed.™

Look for **CocoaVia®** at VITAMIN WORLD · KING SOOPER · POWERHOUSE GYM · Wegmans · Harris Teeter Neighborhood Food & Pharmacy

To find a store near you, visit **CocoaVia.com/retail**

For a special offer, visit **CocoaVia.com/eatingwell** or connect at **Facebook.com/CocoaVia** or at **@CocoaVia**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

®/™ Trademarks © Mars, Incorporated. 03461.04

Here in Vermont, the long days of sunshine are bringing an incomparable sweetness to our vegetables and a frenetic energy to EatingWell. *We brag about the size of the squash in our gardens. The first tree-ripened peaches generate more buzz than* The Great Gatsby. *And when it comes to creating summer salads, we get a little competitive.*

A Salad Days Smackdown

Until recently, food editor Jessie Price could claim salad sovereignty, since nearly every day of the year her lunch involves some variation on greens in a bowl. Jessie's salads are not those little side dishes—no way: she eats them out of a giant mixing bowl. Nor are they delicate spa-like dishes: she tosses in hearty proteins, such as grilled steak, pistachios and even her favorite food (yup folks, it's bacon). And they are packed with peaches, corn, radishes, fresh herbs and tomatoes and drizzled with silky homemade dressings (*see page 20*).

PIZZA GOES HEALTHY Editors Hilary Meyer and Jessie Price cooking pizz'alads (*page 70*)

Visually dazzling, these creations make your mouth water. Even better, they deliver antioxidants, fiber, protein and heaping servings of fruits and vegetables. Not surprisingly, Jessie is among the 1 percent of Americans who get their recommended servings of produce (5½ cups for a 2,000-calorie diet). With enviably low LDL cholesterol and not an extra pound on her, she is also one of the healthiest people I know.

But this year, associate food editor Hilary Meyer one-upped Jessie on the salad front. She took the concept of a healthy salad, paired it with her husband's favorite gooey-cheesy, late-night food and came up with something brilliant: light, crunchy pizz'alads you have to try. And then recipe developer Carolyn Casner got in on the action: why not make a sippable salad? Her gazpachos, starting on page 86, will make you fall in love with these produce-packed chilled summer soups.

With more than 20 salads in this issue, ranging from the filling dinner salads in *Weeknights* (*page 33*) to the hearty grain salads in Anna Thomas's "Entertaining Grains" (*page 78*), we are sure you will find your new go-to recipe in these pages.

But which one is your favorite? Vote for your choice in our "Salad Smackdown" at *eatingwell.com/go/saladpoll* and we'll announce the winner in the next issue. Not that our Test Kitchen crew is competitive or anything....

Let me just say there are some bets riding on your vote.

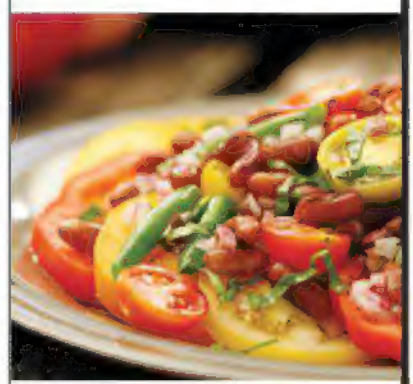
Santé,

Lisa Gosselin, Editorial Director
editor@eatingwell.com

The Checklist

✓**WIN $2,500!** Enter our sweepstakes for the chance to win a $2,500 kitchen upgrade at eatingwell.com/winupgrade and see details on page 98.

✓**FREE SALAD COOKBOOK** Get a free mini-cookbook of our 10 all-time best salad recipes at eatingwell.com/go/saladcookbook



✓**WANT AN ICE CREAM MAKER?** On July 25 we're giving away a new Cuisinart ice cream maker, which you can use to make the healthy sorbet recipes in this issue. See page 100 for rules. Enter our daily sweepstakes at eatingwell.com/WinIceCream

✓**CHALLENGE YOURSELF TO EAT MORE VEGETABLES** Join us July 8-21 for daily tips and delicious recipes to get more veggies in your diet at eatingwell.com/go/vegetablechallenge

✓**SEE HOW TO MAKE A POWER SALAD** Learn the 4 secret ingredients to a salad packed with veggies at eatingwell.com/go/saladvideo

CLOCKWISE FROM TOP: ERICA ALLEN; KEN BURRIS; BRAD ZIEGLER

advertisement

LivingWell

Your Guide to Products, Promotions & Special Events

ALL HAIL THE CHEESEBURGER

If you love cheeseburgers, take your taste buds to CheeseAndBurger.com, home of the Cheese and Burger Society. Bring napkins. Your mouth is sure to water.

CheeseAndBurger.com

TRY IT TODAY, LOVE IT FOR LIFE

Discover the smooth, delicious taste of Silk® Soymilk.

Facebook.com/SilkUS

MY NATURAL INDULGENCE SWEEPSTAKES

TURKEY HILL

Enter for a chance to win! Turkey Hill is giving away a $750 Visa gift card to use to indulge yourself, plus a year's supply of Turkey Hill Dairy's All Natural Ice Cream!

To enter, visit bhg.com/MyNaturalIndulgence

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at BHG.com/mynaturalindulgence. The My Natural Indulgence Sweepstakes begins at 12:00 am est on 5/2/13 and ends at 11:59 pm est on 7/31/13. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address. Void where prohibited. Sponsor: Meredith Corporation.

BREW A BETTER DAY™

Everything's better with a great cup of coffee. Enjoy one of our many delicious varieties of Green Mountain Coffee®, the best-selling brand for the Keurig® Brewing System.

GreenMountainCoffee.com

LOSE WEIGHT WITHOUT HUNGER

All-natural Almased is made from fermented non-GMO soy, yogurt and honey, with no gluten, artificial fillers, flavors, added sugars or preservatives. Almased improves metabolisms, helps burn fat while retaining muscle and is diabetic-friendly.

Almased.com

NEW! DAIYA CREAM CHEESE STYLE SPREADS

They're smooth. They're creamy. They're unbelievably delicious and dairy-free. So go ahead, spread a little joy around your table. Try Plain, Strawberry, and Chive & Onion flavors.

DaiyaFoods.com

INCREDIBLE EDIBLE EGG

For a quick and easy way to add natural, high-quality protein to your breakfast, try a microwave egg recipe. Visit Facebook.com/IncredibleEdibleEgg to learn more.

Visit EatingWell.com/go/livingwell for information on events and offers.

Our Contributors

Jane Black
Food Politics Writer

Jane Black first learned about heirloom beans when she and her husband moved to Huntington, West Virginia, the setting of Jamie Oliver's *Food Revolution* TV show (Season One). They moved there to research their upcoming book, which looks at how and if the "food revolution" can cross geographic and cultural boundaries. Black currently lives in New York City and writes for *The Washington Post* and *The New York Times*.

Ronni Lundy
Southern Food Writer

Ronni Lundy is the author of five cookbooks and a founding member of the Southern Foodways Alliance, a nonprofit group dedicated to studying and celebrating the diverse food traditions of the South. She says she grew up around the simple oak table in her family's Kentucky home enjoying her mother's cooking. There she learned the lessons of her life. She shares some of her traditional Appalachian recipes for beans on page 62.

Gretel Schueller
GOOD editor

When news editor Gretel Schueller stepped in to help edit our *GOOD* section last fall, we realized how lucky we were to find her living in Essex, NY, a 20-minute ferry ride across Lake Champlain from our Vermont headquarters. A former associate editor of *Audubon* Magazine, she's written for *Scientific American*, *Discover* and *New Scientist*. She's also written three children's books (most recently, *Animal Migration*; Chelsea House, 2009), which her 6-year-old son, Alexander, loves.

WHERE GOOD TASTE EatingWell MEETS GOOD HEALTH

Editorial Director LISA GOSSELIN

Creative Director JAMES VAN FLETEREN
Deputy Editor/Food JESSIE PRICE
Digital Editor/News MICHELLE EDELBAUM
Managing Editor WENDY S. RUOPP, M.S.

FOOD
Test Kitchen Manager STACY FRASER
Associate Editors HILARY MEYER, BREANA LAI, M.P.H., R.D.
Recipe Developers & Testers CAROLYN CASNER, PATTI COOK

NUTRITION & NEWS
Nutrition Editor BRIERLEY WRIGHT, M.S., R.D.
Associate Nutrition Editor LISA D'AGROSA, M.S., R.D.
Nutrition Consultant JILL CERRETA, M.S., R.D.
News Editor GRETEL H. SCHUELLER

ART & PRODUCTION
Manager of Production & Custom Publishing JENNIFER B. BROWN, M.B.A.
Assistant Managing Editor ALESIA R. DEPOT
Research Editor ANNE BLISS
Advertising Operations Manager AMBER LEMBERG
Production Manager PATRICK McGOWAN
Advertising Production Supervisor STEPHANIE SPITZ
Quality Technical Director DAVID WOLVEK

CONTRIBUTORS
Bruce Aidells, Nancy Baggett, Marialisa Calta, Rachael Moeller Gorman, Joyce Hendley, Ben Hewitt, Rowan Jacobsen, Carolyn Malcoun, Marie Simmons, Katie Webster

NUTRITION & HEALTH ADVISORY BOARD
PHILIP ADES, M.D.
Director, Cardiac Rehabilitation and Preventive Cardiology, University of Vermont College of Medicine
RACHEL K. JOHNSON, PH.D., M.P.H., R.D.
Bickford Green & Gold Professor, Nutrition & Food Sciences, University of Vermont
DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P.
Director, Yale University Prevention Research Center
ALICE H. LICHTENSTEIN, D.SC.
Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
RICHARD MATTES, PH.D., M.P.H., R.D.
Professor of Foods and Nutrition, Purdue University
MIRIAM E. NELSON, PH.D.
Director, John Hancock Center for Physical Activity and Nutrition, Tufts University
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University
BRIAN WANSINK, PH.D.
John S. Dyson Professor of Marketing, College of Agricultural and Life Sciences, Cornell University

EATINGWELL MEDIA
President, Women's Lifestyle Group THOMAS WITSCHI
Business Director CHRISTY LIGHT
Senior Business Manager ROBYN DEAN
Advertising Business Manager STEPHANIE RABBANI
Vermont Office Manager TERRY LYSOGORSKI

EDITORIAL & LICENSING OFFICES:
6221 Shelburne Rd., Suite 100, Shelburne, VT 05482
ADVERTISING OFFICES:
805 Third Avenue, 29th Floor, New York, NY 10022
PR REQUESTS:
editor@eatingwell.com; 802-985-4500; fax 802-985-4501
SUBSCRIPTION INFORMATION:
Get quick help: www.eatingwell.com/cmag
SUBSCRIPTIONS:
P.O. Box 37508, Boone, IA 50037-0508; 800-337-0402

CHRISTINE GUILFOYLE *Group Publisher*
STEPHEN BOHLINGER *Publisher*
TERRI SMITH *Group Associate Publisher, Marketing*

ADVERTISING *New York Office: 212-455-1245*
KEVIN GILLESPIE *Integrated Advertising Director*
DIANE DE SPIRLET *East Coast Advertising Sales Director*
ILYSE LINDER *Northeast/New England Account Manager*
CHIP WOOD *Midwest Account Manager*
HARTLEY ARNOLD *Midwest Account Manager*
KUUIPO CASHMAN *West Coast Advertising Sales Director*
KAREN BARNHART *Detroit Account Manager*
BRIAN DAVIS *Southwest Advertising Sales Director*
GRACE CHUNG *Direct Media Advertising Director*
SHARON TAPLIN *Advertising Sales Assistant (New York)*
JINNA VORHEES *Advertising Sales Assistant (Los Angeles)*

MARKETING
KATHARINE ETCHEN *Associate Marketing Director*
ALYSSA PHILLIPS *Design Director*
KIM BERRY *Senior Promotion Manager*

CIRCULATION
TODD BIERLE *Consumer Marketing Director*
DAWN ANGUS *Retail Brand Manager*
CAROLINE BIDDLE MCKENZIE *Direct Retail Sales Manager*

INTERACTIVE & LICENSING
LARRY SOMMERS *GM, Digital Media & Business Development* 802-985-4526

RENÉE LAUBER, M.S. *Licensing, Director of Health & Wellness*
LAURA CARLSMITH *Licensing, Audience Development*
NICCI MICCO, M.S. *Content Director, Custom Publishing & Licensing*
DAVID GRAY *Director of Business Development*
GEOFF STRAWBRIDGE *Licensing, Senior Account/Marketing Director*
SOPHIA PICCO *Digital Marketing & Licensing Analyst*
PAULA B. JOSLIN *Senior Content Producer*
PENELOPE WALL *Senior Interactive Producer*
SARAH HOFF *Business Development & Licensing Producer*
ERIN McCORMICK *Managing Producer*
MATT MALENCZAK *Technical Producer*
ERIC SMITH *Technology Director*
JESSE GUERTIN *Technical Project Manager*
REBECCA GRENIER *Software Developer*

MEREDITH NATIONAL MEDIA GROUP
TOM HARTY *President*

EXECUTIVE VICE PRESIDENTS
RICHARD PORTER *President, Media Sales*
JAMES CARR *President, Better Homes and Gardens*
CAREY WITMER *President, Parents Network*
THOMAS WITSCHI *President, Women's Lifestyle*
GAYLE GOODSON BUTLER *Creative Content Leader*
NANCY WEBER *Chief Marketing Officer*
LIZ SCHIMEL *Chief Digital Officer*
MICHAEL BROWNSTEIN *Chief Revenue Officer*
JEANNINE SHAO COLLINS *Chief Innovation Officer*
MIKE RIGGS *General Manager*
DOUG OLSON *Director, Operations & Business Development*

SENIOR VICE PRESIDENTS
JACK GOLDENBERG *Chief Technology Officer*
ANDY WILSON *Audience Development and Commerce*
CAROLYN BEKKEDAHL *Digital Sales*

VICE PRESIDENTS
JANET DONNELLY *Consumer Marketing*
STEPHANIE CONNOLLY *Corporate Marketing*
BRIAN KIGHTLINGER *Corporate Sales*
PATTI FOLLO *Direct Media*
ELISE CONTARSY *Brand Licensing*
BRITTA CLEVELAND *Research Solutions*
PATRICK TAYLOR *Communications*
MARK PETERSON *Newsstand*

meredith

OUR SUBSCRIBER LIST is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0205.

STEPHEN M. LACY *Chairman & Chief Executive Officer*
PAUL KARPOWICZ *President, Meredith Local Media Group*

VICE CHAIRMAN MELL MEREDITH FRAZIER
IN MEMORIAM E.T. MEREDITH III, 1933-2003

PRINTED IN USA

PHOTOS (TOP TO BOTTOM): LAURIE BLACK; PABLEAUX JOHNSON; TODD GOFF

Coupon Facts

Saving Size 20%

Saving per coupon	As Served
Coupons 1	**Store Locations** 1000+

	% Daily Value
Total Joy	100%
Happiness	100%
Surprise	100%
Bliss	100%

Vitamin A	20%	Vitamin C	20%
Calcium	20%	Iron	20%

First-time email subscribers get a 20% off one single item email offer for in-store use. Sign up at bedbathandbeyond.com/EatingWellTAB.asp

BED BATH & BEYOND®

Love Letter of the Month

I've been a subscriber for a few years now and never have I clipped so many recipes as in the June issue. From fabulous Thai to mouthwatering Mexican ("The Incredible Flexible Tortilla") then unbelievable strawberry (my favorite fruit) eats to fresh, great and healthier pasta salads. I really love this magazine and read it from cover to cover. P.S. Thanks for the heads up on antibiotics in our meat supply. I will be shopping for antibiotic-free meat from now on!!

*—**Tee Boyd**, Tucson, AZ*

Resisting Antibiotics

I couldn't stop reading Barry Estabrook's "Growing Resistance" about the unnecessary use of antibiotics in livestock and the rise of superbugs. Thank you for the always interesting and informative articles. I feel empowered and in charge of what food I bring to my family's dinner table and I can assure you it won't have antibiotics in it!

*—**Alecia Ferrel***

"Growing Resistance" was a great article. I believe that buying meat—even antibiotic free—is still contributing to our environmental problem, but like so many others I do love my steaks. So I try to reduce my meat consumption via Meatless Mondays, and only eat humanely raised, antibiotic-free grass-fed beef and free-range organic chicken, and sustainable seafood. If the majority of the population made these small steps, it would have a huge impact.

*—**Rebecca Cole***

Berry Happy!

Thank you for "Picking Season" on strawberry farming. I just read this, and have vowed never to buy nonorganic strawberries again! I love that your articles are incredibly interesting and informative at the same time. Keep up the great work!

*—**Laurie Connelly**, via Facebook*

Really, Michael Pollan?

Michael Pollan's new book extols the health benefits of cooking at home. Michele Edelbaum asks Michael Pollan an important question in the June 2013 issue [*GOOD, page 14*]: "*What about people who only have 20-30 minutes to make dinner on a weeknight?*" His response is insensitive, judgmental and elitist. He states that people choose to spend an hour at yoga or surfing the Web instead of cooking. His response ignores the socioeconomic realities of food distribution in the U.S. Single parents do not have the means or resources to come home from work and sauté locally grown onions for half an hour.

*—**Deborah Hauser**, Babylon, NY*

The better answer is that there are many ways to cook healthful, inexpensive meals at home in a time-efficient manner, such as making big batches of soups and sauces and freezing them; taking advantage of quick-cooking whole grains like quinoa; and planning ahead for leftovers. Unfortunately, flippant responses like Pollan's only reinforce the perception that healthy, organic food is the province of high socioeconomic classes rather than the birthright of us all.

*—**Cindy Hill**, Middlebury, VT*

Don't Let Your Dog Chew Gum!

I read your article about Xylitol making dogs sick when they eat it. Our dog, Jack, a healthy 6-year-old, died in April from eating very little of it. One stick of gum can kill a small dog very quickly.

*—**Sharee Tomaselli***

Kudos to Our Award Winners!

This spring **"Sweet Summer Corn,"** Barry Estabrook's August 2012 article on genetically modified sweet corn, won the 2013 Bert Greene Award for Writing That Makes a Difference from the International Association of Culinary Professionals. And **"Solving the Sugar Puzzle,"** Rachael Moeller Gorman's report (October 2012) on the impacts of sugar on our health, won the James Beard Journalism Award in the Health and Well-Being category. **"What I Know,"** Diane Goodman's *Nourish* essay (February 2013) was selected for the forthcoming anthology *Best Food Writing 2013* (Da Capo Press).

Read these excellent stories at *eatingwell.com/go/awards*

EatingWell asked: "What makes you want to eat a salad?"

- Fresh ingredients that I've grown myself. *—**Danielle A. Schoonover-Wils***
- I like the cool, crisp textures! But a large part of it is knowing that I feel tons better when I eat well! *—**Michal Manley Trexler***
- My husband. *—**Stephanie Borns***
- Putting great toppings on it! Mandarin oranges, water chestnuts, almonds. Black beans, corn salsa to name a few! *—**Melinda McGoff Luce***
- Bacon! Freshly smoked pork belly from a local farm of course. Actually, I don't need bacon, but it's good to have in moderation. *—**Dana Thimm***

twitter

Find us on Facebook

Pinterest

grilled pizza party better.

Let's Make...
MEDITERRANEAN GRILLED PIZZA

Servings: 4 Ready in 20 minutes

INGREDIENTS

- 1 12oz pkg Sundried Tomato Chicken Sausage
- 1 12" Mama Mary's Thin & Crispy Pizza Crust
- 2 tbsp Roasted Garlic olive oil
- 2/3 cup pizza sauce
- 1 cup shredded Italian cheese blend, reduced fat
- 1 3 cup crumbled feta cheese
- 1 1/2 tsp dried oregano

70% LESS FAT than pork sausage.

INSTRUCTIONS

Preheat grill on medium. Place sausages on oiled grill rack, set 4" to 5" over heat. Grill 7-9 minutes until heated through. Cool slightly & cut into 1/4" slices. Brush both sides of pizza crust with olive oil. Place crust topside down on rack and grill for 2-3 minutes until warm. Turn crust over. Quickly spread pizza sauce & arrange sliced sausage on top. Sprinkle with cheese & oregano. Grill with cover shut for 8-10 minutes or until cheese has melted. Cut into slices & serve.

Visit alfrescoallnatural.com/promos/mamamarys for more recipes.

al fresco
eat better.

"I've finally found balance in my life."

Crystal Light.

Over 20 delicious flavors without the guilt.

FOR EVERY SHADE OF YOU

A Great Catch

LOBSTERS ARE NOT ONLY BACK, THEY'RE MORE AFFORDABLE THAN EVER

Good news for lobster lovers. Last year, a record 126 million pounds of lobster was caught off Maine, sending wholesale prices to an 18-year low of $2.69 a pound. Early reports show this season is on track to be just as prolific and seafood markets are stocking up. The glut of crustaceans, a sign of a healthy fishery, didn't go unnoticed by the Marine Stewardship Council. After studying the strictly regulated Maine fishery for five years, MSC awarded Maine lobster its seal for sustainability this past March. Another plus: lobster shells may be recyclable. Scientists are looking at using chitosan, a sugar in the shells, to help repair spinal cord injuries. Shells have even been used to make biodegradable golf balls. And, of course—lobster is delicious. So eat up!

A 3 ounce serving of lobster meat has just 76 calories, half that of skinless chicken breast. For cooking tips and more, see page 98.

Recipes for Change

20 YEARS AGO A GROUP OF VISIONARY CHEFS GOT TOGETHER TO TRANSFORM HOW AND WHAT WE EAT. BY GRETEL H. SCHUELLER

In the summer of 1993, the terms *local, organic, sustainable* were barely blips on the food radar. But a group of forward-thinking chefs met in Hawaii to change that. They wanted to use their collective voice to educate chefs and to create a sustainable food landscape. The group became the Chefs Collaborative, now 12,000 members strong. In celebration of the group's 20th anniversary, we spoke with current chairman **Michael Leviton** (award-winning chef-owner of two Boston-area restaurants, Lumière and Area Four).

What have you learned since 1996 when you joined the collaborative?
I've learned a ton from the group's workshops, publications and chef-to-chef discussions. It reminds me that a chef's job isn't limited to the kitchen.

How do you make a difference?
We chefs, with our menus and restaurants, have a bully pulpit we can use every day. And the Chefs Collaborative encourages us to use that voice for something good. The cool thing is how the extent to which people are listening to us has really grown. We've gone a long way to effecting change.

What is the organization's biggest achievement?
A lot of it comes down to what we did with sustainable seafood. We led the conversation and helped make it mainstream. In addition to an annual guide to sustainable seafood, we now offer free online tutorials for chefs. Right now, we're trying to promote using fish that normally get tossed overboard or are undervalued—so-called trash fish like redfish and dogfish.

THE 1993 GATHERING WAS A WHO'S WHO OF SUPERSTAR CHEFS, INCLUDING: John Ash, Paul Bartolotta, Rick Bayless, Gary Danko, Joyce Goldstein, Deborah Madison, Mary Sue Milliken, Nora Pouillon, Jimmy Schmidt, Roy Yamaguchi

How has food changed in 20 years?
Back in '93, sustainability wasn't part of the food landscape. Now everyone has a sustainability project—even the Walmarts, the Sodexos. One of the most impressive things to me is the cultural buy-in of large-scale institutions. We wouldn't be this far down the road if it hadn't been for the Chefs Collaborative. Sustainability isn't just about a small group of high-end restaurants, it's about everybody—and making sure we have high-quality, affordable food for all.

To celebrate its 20th anniversary, the group recently published its first cookbook. It's a treasure-trove of 115 seasonal recipes (see one of them at right) as well as information on food labels, antibiotics in meat and other food-sustainability issues.

Peach and Radish Salad with French Feta and Almonds

Serves 6

This recipe by Chef Michael Schwartz appears in The Chefs Collaborative Cookbook *(The Taunton Press, 2013).*

- ½ small red onion
- 3-4 Easter Egg *or* French Breakfast radishes
- 4-5 ripe peaches (about 2 pounds)
- ¼ cup extra-virgin olive oil
- 2 tablespoons champagne vinegar
- Kosher salt & freshly ground black pepper
- ½ cup fresh basil leaves, torn
- 1 cup French feta cheese, crumbled
- ½ cup sliced almonds, lightly toasted

Thinly slice the onion on a mandoline or with a very sharp knife. You should end up with about ¼ cup. Fill a small bowl with cold water and a few ice cubes and soak the onions for 5 minutes; this mellows the sharp bite typical of raw onions and makes them crisp. Drain the onions and pat dry with paper towels. Thinly slice the radishes on the mandoline.

Halve and pit the peaches. Cut each half into quarters and slice the quarters into thin wedges. Combine the oil and vinegar in a bowl with some salt and black pepper and whisk to combine. Add the peaches, onions, radishes and basil, tossing gently to evenly coat the ingredients. Season to taste with additional salt and pepper if desired.

Divide the salad equally among six plates and top with the crumbled feta and toasted almonds.

(Nutrition info, page 4.)

TURNS OUT DOG'S BEST FRIEND IS ACTUALLY CHICKEN.

Nutro®

nutro.com

PROVEN. NATURAL. NUTRITION.™

Find us at PetSmart®, Petco® or your local pet store.

What treats are good for my pet's teeth?

Many pet foods and treats claim to clean teeth. But they can vary in their effectiveness and some even pose a health risk. Under current guidelines, any company can say a dry kibble cleans teeth by a mechanical method (scraping off tartar). However, there is no requirement to prove this claim. Bones and rawhides may cause upset stomach or broken teeth. And a recent Tufts University study showed bully-stick chews harbor dangerous bacteria. Fortunately, there is a voluntary organization, the Veterinary Oral Health Council (VOHC), led by independent dental experts, to help guide owners. Products that receive the VOHC Seal have been proven to reduce tartar or plaque, while also posing no risk to the pet. A list of approved products can be found on its website: *vohc.org*

—**Dr. Deborah Linder, DVM, DACVN,** *head of Tufts Obesity Clinic for Animals*

Label Watch

...ed milk, crea...
..., carrageenan, ...

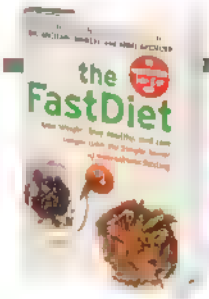
(kar-ə-gē-nən) This thickener and emulsifier is widely used in nondairy milks, ice creams and salad dressings. Though it's natural (it's made from seaweed), some scientists say our stomach acid transforms it into an inflammatory toxin. In fact, carrageenan that's been broken down by acid is used in labs to induce inflammation. Others have found no cause for alarm and the FDA considers carrageenan safe. *—Anne Bliss*

3 Wonders of Watermelon

92% WATER Yes, watermelon is a hydration food.

46 CALORIES per 1-cup serving

40% MORE cancer-fighting lycopene than tomatoes



Ask Brierley

Q One of my friends tried a fasting diet and lost weight. Is *The FastDiet* worth trying?

Don't be fooled by the book title. *The FastDiet* (Atria, 2013), by Dr. Michael Mosley and Mimi Spencer, doesn't call for a total fast—or eating quickly. Also known as the 5:2 diet, it has you adopt a lifelong pattern of fasting two days a week and being "gloriously free from calorie counting" for five days. On those two fasting days, you can eat 500 or 600 calories—for women and men, respectively.

The promise is steady weight loss (about a pound per week). And in theory you don't pig out on your eat-what-you-want days because your stomach shrinks and can't handle large volumes of food. The added benefit is better health. The science supporting fasting is growing: research findings from lab animals suggest intermittent fasting may lower your risk of cancer, delay the onset of dementia and Alzheimer's and improve your body's sensitivity to insulin. The science, though, is in its infancy and it's not all promising.

The downside is that fasting—even the way Mosley and Spencer recommend—isn't easy. You barely eat two days a week. So on the days you eat ad lib, it really shouldn't be an unhealthy foods free-for-all. Also, on those five days, it's crucial for you to follow a healthy diet to get all the nutrients your body needs.

Bottom line: Like most diets, this is simply another way to cut calories. If you've thought about fasting, this diet could be a healthy guide to do it. Fasting isn't appropriate for everyone, though, particularly if you're pregnant or have type 1 diabetes. It's not for children either. Also, check with your doctor first if you're taking any prescription medication.

Send your nutrition questions to Nutrition Editor **Brierley Wright, M.S., R.D.,** at *askus@eatingwell.com*

The all-new 2014 Subaru Forester is redesigned from the back seat forward. Because you don't just get a Subaru for yourself. More roomy. More capable. More fuel efficient, and Symmetrical All-Wheel Drive at 32 mpg.* Plus, it's a 2013 IIHS Top Safety Pick. It's a whole lot to love. Love. It's what makes a Subaru, a Subaru.

SUBARU

Confidence in Motion

The all-new Forester. Well-equipped at $21,995

EPA-estimated mpg fuel economy for the Subaru Forester 2.5i CVT. ... 2013 Top Safety Picks includes the 2014 Subaru Forester. ... MSRP excludes destination and delivery charges, tax, title and registration fees. Dealer sets actual price. 2014 Subaru Forester 2.5i Touring shown has an MSRP of $26,995.

4 Smarter **Slim-Down** Strategies

FORGET THE WEIGHT LOSS MYTHS YOU'VE HEARD AND TRY THESE NEW TACTICS. **BY KAREN ANSEL, M.S., R.D.**

Diet advice is like a game of Telephone. It starts out straightforward, but after it's circulated for a while the once seemingly solid advice is so twisted it can hinder your weight-loss efforts. Toss that convoluted advice, update your strategy and watch the numbers on the scale drop.

MYTH **More exercise yields more weight lost.**

Logging too many hours at the gym actually yields diminishing returns. Researchers put 61 slightly overweight men (who didn't already work out) in one of three groups: a group that didn't exercise, one that worked out for 30 minutes a day and another that hoofed it for an hour daily. None of the men were dieting. After three months, the couch-potato group—not surprisingly—didn't drop a pound. But the 30-minute exercisers shed about 8 pounds versus only 6 for those who sweated it out twice as long. Too much treadmill time can backfire in two ways, say researchers: our bodies tell us to gobble more food to make up for what we've burned and we instinctively move less later on to conserve energy.

A SMARTER STRATEGY: ***Shoot for daily half-hour sweat sessions at a high intensity.***

MYTH **To successfully diet, it's all or nothing.**

Forget those dramatic diet shake-ups. You're better off making tiny adjustments that you can permanently adopt, research reveals. Volunteers in an online healthy-eating challenge were given easy-to-implement tips ("Drink 8 cups of water a day" or "Only snack at the kitchen table"). Those who followed the tips for more than 25 days a month had more success slimming down than those who complied less often. "Making small, consistent changes fits more easily into people's routines [than radically altering your diet]," says Brian Wansink, Ph.D., *EatingWell* advisor and professor of marketing at Cornell University.

A SMARTER STRATEGY: ***Make one small tweak a month. And program a daily reminder into your phone.***

MYTH **Healthy snacks are a must.**

Not in the morning. A 2011 *Journal of the American Dietetic Association* study found that dieters who didn't snack between breakfast and lunch lost nearly 5 percent more weight (an average of 7½ more pounds) over a year than morning snackers. Since breakfast and lunch can be only a few hours apart, researchers suspect that most a.m. snacks are fueled out of habit rather than hunger—and generally amount to mindless eating.

A SMARTER STRATEGY: ***Skip the morning snack, unless you have to go more than four hours until lunch. Choose a snack that's satisfying: one that includes protein, fiber-rich carbs and a little fat, such as an apple with peanut or almond butter or a corn tortilla with a slice of low-fat cheese.***

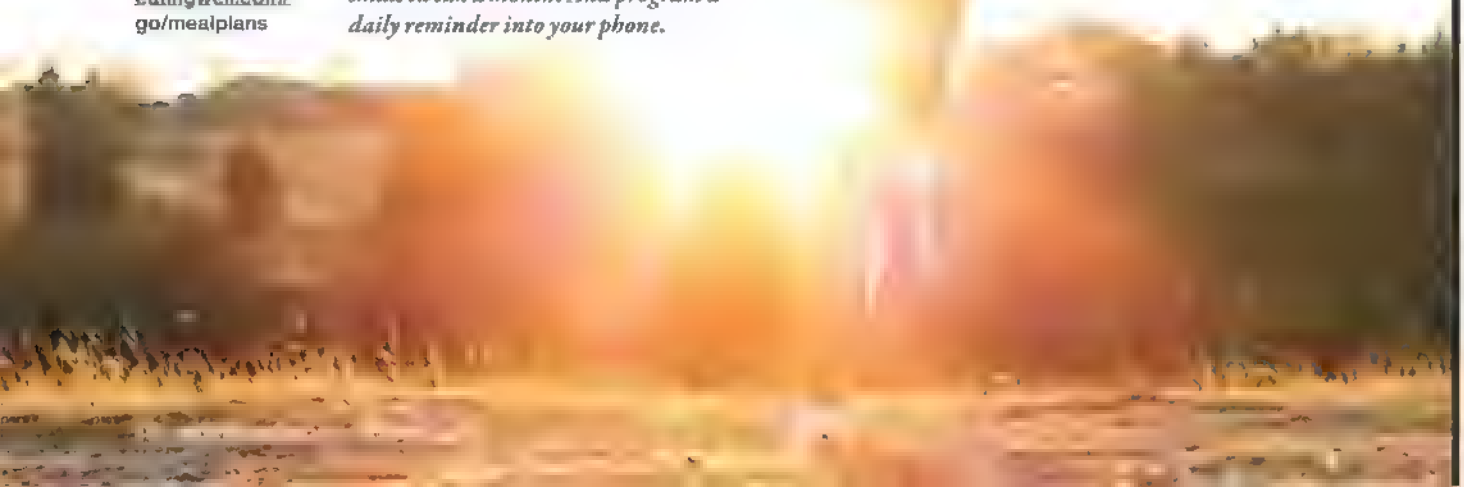
MYTH **Thin models are inspiring.**

That skinny, bikini-clad celeb taped to your fridge is probably working against you. When Dutch researchers gave 42 women in a weight-loss program a food journal to fill out, those whose journals sported a picture of a "normal"-weight model on the cover lost weight while those with a picture of a super-skinny model didn't. "Constant exposure to a very skinny model gives dieters the feeling that they won't be able to reach their goal," says lead researcher Anne Klesse, assistant professor of marketing at Tilburg University in the Netherlands. "If they think they can't reach their goal, it might seem worthless to try."

A SMARTER STRATEGY: ***Use a picture of yourself when you were at a healthy weight—or pick a realistic role model—for inspiration.***

Meal Plans to Lose Weight

Get 5-, 7- and 28-day diet meal plans with recipes for breakfast through dinner to help you slim down at **eatingwell.com/go/mealplans**



Good morning
Great morning
Everything's better with a great cup of coffee.
Exceptionally smooth. Perfectly balanced. A harmonious blend of flavor, body, and aroma.
GREEN MOUNTAIN COFFEE
THE BEST-SELLING BRAND FOR THE KEURIG® BREWING SYSTEM
KEURIG
BREWER
Brew a better day

SEE IT, MAKE IT

The Best Dressed

An outstanding dressing can take your salad from ho-hum to totally craveable. What's the best way to get a great dressing? Make it! Sure, store-bought bottled dressing is sometimes an irresistible shortcut. (*For those times, see "Pick a Better Bottled Dressing," right.*) But when you have a few moments to spare, whip up your own. Which leads to the next tip: use a blender or food processor to do said whipping. These tools let you incorporate all sorts of produce, from tomatoes and shallots to ginger and raspberries. And pureeing forms a silky emulsion, which means your dressings won't separate. Here's to salads that wow!

PHOTOGRAPHY BY JIM WESTPHALEN; FOOD STYLING BY [illegible]; PROP STYLING BY HILARY VEYER; PROP STYLIST CLAUDIA VERNEN; INSET ICONS [illegible]

Tomat[illegible] rin[illegible]

- ¼ cup extra-virgin olive oil
- ¼ cup red-wine vinegar
- ¼ cup fresh parsley
- 1 medium tomato, quartered and seeded
- 5 anchovy fillets
- 2 cloves garlic
- 1 tablespoon capers, rinsed

Roasted Red Pepper

- 1 cup jarred roasted red peppers
- ¼ cup extra-virgin olive oil
- 3 tablespoons sherry vinegar
- 2 cloves garlic
- 1 teaspoon smoked paprika
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Blend ingredients in a blender or food processor until smooth and creamy. Or blend in a large glass measuring cup or wide jar with an immersion blender. (Each recipe makes 1 to 1¼ cups dressing. Serving size is 2 tablespoons. Dressings will keep at least 3 days in the refrigerator. *For nutrition information, turn to page 4.*)

Cilantro-Lime

- 1 cup cilantro
- ½ cup canola oil
- ⅓ cup lime juice
- 2 small cloves garlic
- 1 medium jalapeño pepper, halved and seeded
- 1 teaspoon ground cumin
- 1 teaspoon sugar
- 1 teaspoon salt

Balsamic

- ½ cup extra-virgin olive oil
- ½ cup balsamic vinegar
- ¼ cup chopped shallot
- 1 tablespoon Dijon mustard
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Raspberry-Tarragon

- 1 cup fresh raspberries
- ½ cup walnut oil *or* canola oil
- ⅓ cup raspberry vinegar *or* other fruity vinegar
- ¼ cup chopped shallot
- ¼ cup fresh tarragon
- ½ teaspoon salt
- ¼ teaspoon sugar

Pick a Better Bottled Dressing

LOOK FOR: extra-virgin olive oil or canola oil, a short ingredient list

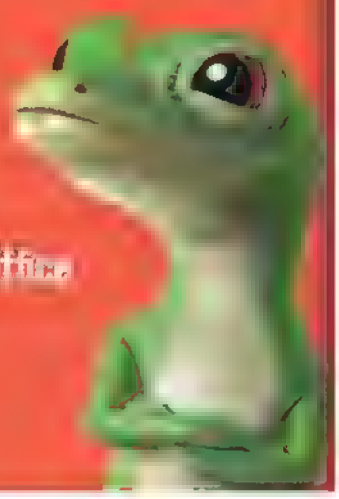
WATCH OUT FOR: Sodium. Pick one with <300 mg sodium per 2-tablespoon serving. **Sugar** (especially in fruit-flavored dressings) Choose one without sugar, HFCS or REB A (stevia) or with those sweeteners near the bottom of the ingredient list. Aim to keep total sugars at <3 g per 2-tablespoon serving. **Synthetic food colors,** such as Yellow 5 & 6, and also caramel color, in the news recently as a potential carcinogen. —*Anne Bliss*

- 1 cup shredded carrot
- ½ cup canola oil
- ⅓ cup rice vinegar
- 2 tablespoons white miso
- 2 tablespoons chopped onion
- 1 tablespoon chopped fresh ginger
- 1 tablespoon reduced-sodium soy sauce

6 Bottled Dressings to Choose From Find out which brands meet our healthy salad dressing criteria at **eatingwell.com/go/betterdressings**

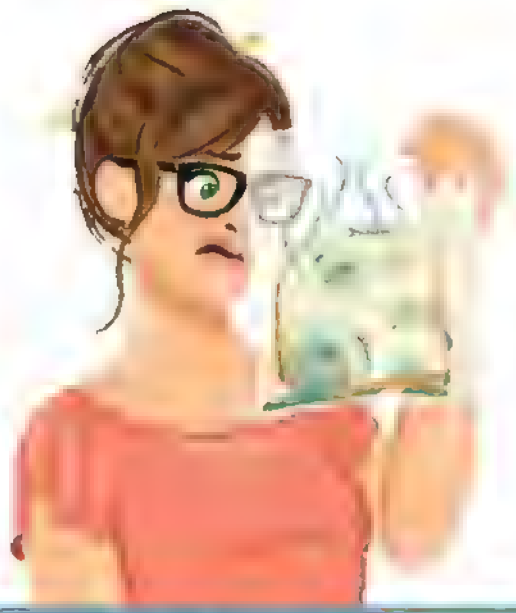
What's black, white, and red all over?

Your low GEICO quote with arrabbiata sauce.
See how easy it is to save money.



GEICO

geico.com | 800-947-AUTO (2886) | Local Office



Think you know it all when it comes to the hardest-working appliance in your kitchen? Exposed to spills, smells and overloading, fridges don't often get much appreciation.

Most Americans only clean their refrigerators once or twice a year. Yet a clean, organized fridge helps keep food fresh for longer, reduces food waste and minimizes the threat of food contamination. Take our fridge quiz on the following pages, give yourself the allotted points after each answer and see how you score. —*Gretel H. Schueller*

What's Your Fridge IQ? Take Our Quiz!

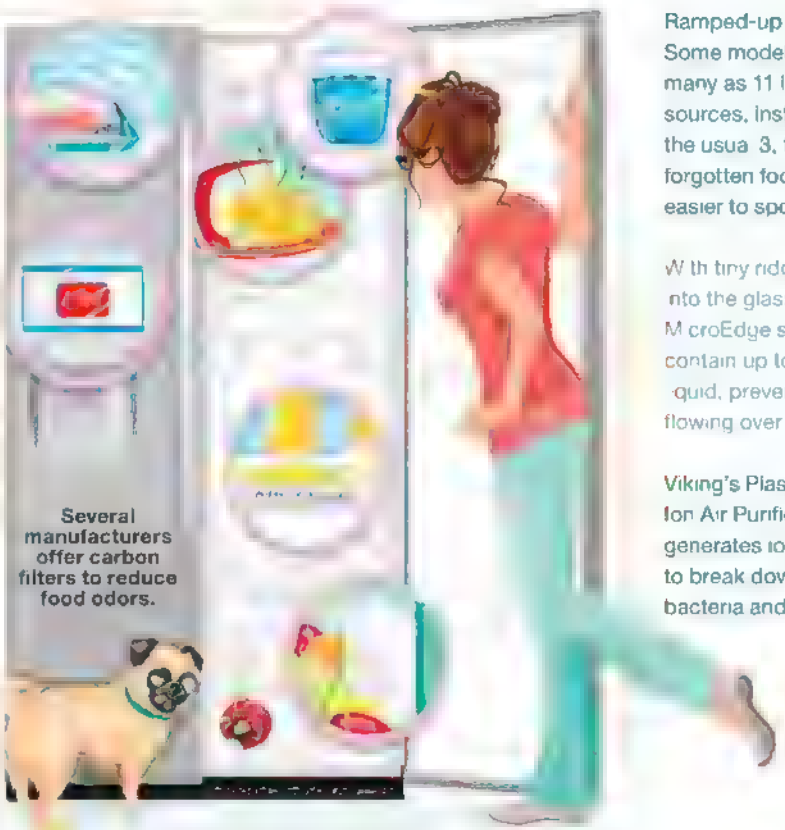
Who Moved My (Moldy) Cheese?

WHEN IT COMES TO KEEPING OUR FRIDGES CLEAN AND OUR FOOD FRESH, SOME NEW FRIDGES OFFER TECHNOLOGY TO MAKE IT EASIER

Liebherr's low-hum dity "Dry Safe" compartment is ideal for storing meat and f sh

Smart apps w th touch screens by Samsung and LG help you keep track of what's in the fr dge and set reminders for expiration dates

The Preserva F ter by KitchenAid s one of severa ethy ene-absorbing filters that keep food fresh longer

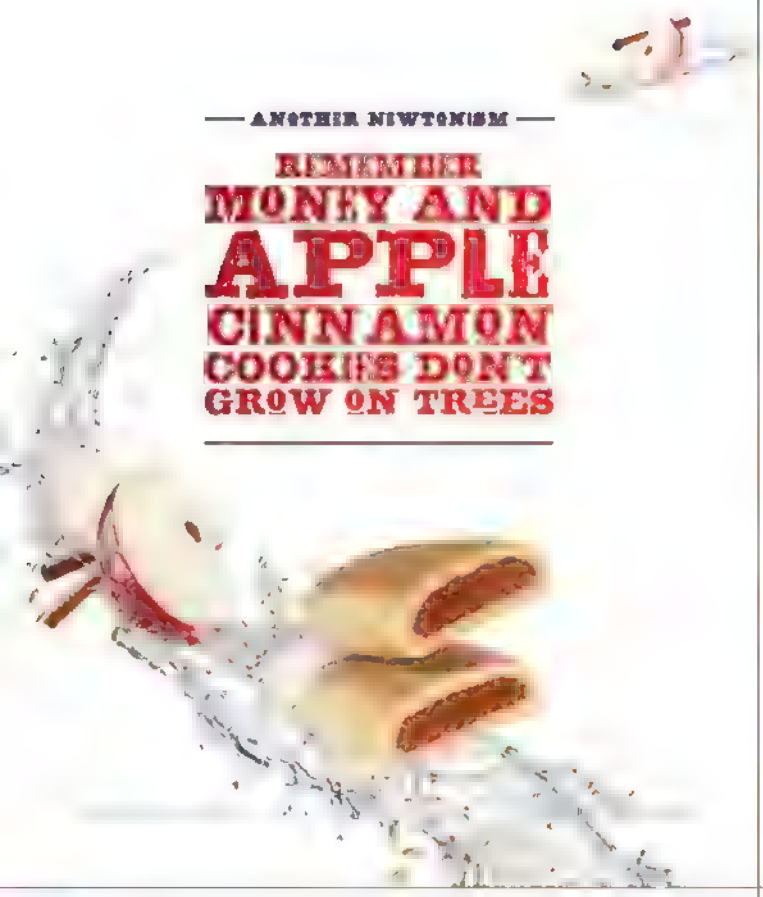


Ramped-up light ng: Some models offer as many as 11 light sources, instead of the usua 3, to make forgotten foods easier to spot.

W th tiny ridges etched nto the glass, Whirlpool's M croEdge shelves can contain up to 12 ounces of quid, preventing sp ls from flowing over the edges

Viking's Plasmacluster Ion Air Purifier generates ions to break down bacteria and mo d

MONIKA Pl.F



1. Your fridge smells like:

- ☐ Sunday's garlic chicken (1)
- ☐ Plain, cold air (0)
- ☐ Welcome to Funkytown! (2)

The best way to prevent odors is to regularly clean shelves and to store leftovers in air-tight containers. In fact, food should always be covered to keep it from drying out and absorbing odors. To clean and fight smells in one go: Wipe the fridge interior with a mix of 2 tablespoons baking soda and 1 quart hot water. Rinse with a damp cloth, then dry with a clean towel. To keep a lid on odors, place a dish of baking soda in your fridge and replace it about once a month. For those extra-pungent smells, drip some vanilla extract on a cotton ball or small, dry sponge and place it in the fridge.

2. Germiest spot:

- ☐ Handle (2)
- ☐ Produce drawer (0)
- ☐ Top shelf (1)

Multiple studies confirm that produce drawers host more life than a New York City subway during rush hour. "It's an area we don't always think about. But we use it often and store raw, unwashed veggies together with prewashed ones," notes Lisa Yakas, a microbiologist with NSF International, a nonprofit public-health organization. "Dark, moist environments breed germs, even in the fridge."

Of the 14 areas tested in multiple kitchens, the 2013 NSF kitchen study found the produce compartment topped the list for most microbes, with yeast, mold, *Salmonella* and *Listeria*. Other germy winners included the water dispenser and the meat compartment. A study by Microban Europe (a company that develops antibacterial technology) also found the produce drawer to be the microbial hot spot—and included notorious *E. coli 0157*. When Tennessee State University microbiologists swabbed 137 household refrigerators, they found more than 23 percent were home to *Klebsiella pneumoniae*, which causes respiratory infections.

But no need to get all Howard Hughes. Wash the drawers weekly with dish soap under warm, running water, says Yakas. Dry them completely with a clean towel before reinserting. Ensuring your fridge stays at 40 degrees F or cooler is another effective way to reduce foodborne illness. Yakas recommends keeping produce packaged separately.

3. Who are neighbors in your produce drawer?

- ☐ Apples and carrots (2)
- ☐ Avocados and tomatoes (1)
- ☐ Greens and broccoli (0)

Produce that gives off ethylene, such as apples, avocados, mangoes, tomatoes and peaches—should not be stored next to ethylene-sensitive ones like broccoli, carrots and leafy greens. Ethylene-producing foods speed up the ripening (and decay) process of their neighbors. While tomatoes last longer in the fridge, cold can make them mealy, particularly if they are not completely ripe. If there's no danger of them going bad, keep your ethylene-producing fruit in a bowl, out of the fridge. Also, there's no clear evidence that those "green" bags marketed to keep produce fresh longer work.

— ANOTHER NEWTONISM —

ON THE

ROAD OF LIFE LETA BERRY RIDE SHOTGUN

4. You store:

- ☐ Milk on the door, meat on the top shelf (2)
- ☐ Milk on the top shelf, meat on the bottom (0)
- ☐ Milk on the door, meat on the bottom she f (1)

One of the top causes of food-borne illness is cross-contamination. The golden rule of fridge hygiene: always store meats on the bottom shelf. It's the coldest part of your fridge and meats on the top shelf can drip onto other foods. And while the door seems to be a perfect fit for a milk carton, it's the warmest part of a fridge—so not a good place for dairy or eggs. Only condiments and other items that don't perish quickly should be on the door. For good measure, place a rimmed plate under any item likely to leak, from meat to berries.

5. In your fridge, you see:

- ☐ Mystery contents in the early stages of evolution; Aunt Norma's fru tcake from Christmas 1998 (2)
- ☐ Cheddar with a spot of mold (1)
- ☐ No surprises here (0)

If the ick-factor doesn't bother you, simply cut off the moldy bit of cheese. However, if the cheese is covered, say goodbye. (It's difficult for mold to penetrate dense foods; that's why hard cheeses are safe. This rule of thumb doesn't apply to all foods, however.) If your leftovers regularly turn into science experiments, consider labeling containers with dates and using glass so you can easily see what's inside. Most leftovers have a shelf life of three to five days, so do a weekly food inventory.

Foods You Shouldn't Refrigerate Learn which foods you shouldn't refrigerate at **eatingwell.com/go/refrigerator**

6. How old is your food?

- ☐ Eggs 6 weeks past the sell-by date, ketchup from last summer (2)
- ☐ Eggs 3 weeks past the sell-by date, mayo opened 3 months ago (1)
- ☐ Eggs 3 weeks past the sell-by date, mustard 5 months old (0)

There is no standard system used for food dating in the United States. Except for baby foods, freshness dating is voluntary; stores are not required to remove outdated products from their shelves. "Use-by" dates refer to quality, not safety. But an expiration date means what it says. If you haven't used it by this date, toss it

Buy eggs before the "sell-by" date and use within 3 to 5 weeks of when you buy them. The "sell-by" date will usually expire, but the eggs are safe. Typically, condiments that have a higher sugar and salt content have a longer fridge life. Ketchup and mustard: up to 6 months; mayo: 2 months. For a full list of recommended storage times, see *fsis.usda.gov/Fact_Sheets/Food_Product_Dating*

Add up your points to find out your fridge smarts.

0-4 Congratulations! You know the cool rules of a safe and happy fridge.

5-8 Not bad. We'd still have dinner at your home, but show your fridge a litt e more TLC.

9-12 Ick! You've earned the Frightful Fridge Award. Time to clean up!

— ANOTHER NEWTONISM —

GO

FORTH AND FRUITIFY

REAL FRUIT. WHOLE GRAIN.
ONE UNIQUE COOKIE.

Organic Sweet Chili: The perfect blend of sweet and spicy.

Organic Hemp-a-Licious: Hemp seeds are packed with essential nutrients that add to the benefits of this wholesome snack.

Organic Kettle Corn: Made with organic popcorn and the perfect combination of sweet and salty.

Lundberg Rice Cakes
Packed with twice the flavor, fiber and nutrients as other brands!

Cultivating a Family Tradition

For over three generations, the Lundberg family has produced high-quality rice products. We pride ourselves on growing rice that is good for you and the environment.

www.lundberg.com

Energy Crisis

ENERGY DRINKS ARE BIG BUSINESS BUT CAN THEY SAFELY DELIVER THE KICK YOU CRAVE?

BY KAREN ANSEL, M.S., R.D.

How much would you pay for a drink that promises to revitalize your mind and body, elevate your energy or give you the focus you need to cross every item off your to-do list? Catching a third wind is priceless, which is why energy-drink sales are in the billions each year. But there may be a hidden cost. As sales skyrocket, so do energy-drink-related emergency room visits: between 2007 and 2011, they doubled from about 10,000 to nearly 21,000 visits. In a recent USC study—which randomly sampled emergency room patients—a third of patients who reported downing energy drinks had adverse reactions ranging from heart palpitations to chest pain to seizures. And, even more frightening, the Food and Drug Administration has received reports of at least 15 deaths related to energy drinks. Although there's no proof linking these negative reactions to drinking an energy drink, "no one really knows how dangerous [energy drinks] are," says Michael Jacobson, Ph.D., executive director for the Center for Science in the Public Interest. "They certainly raise a caution flag about drinking too much [caffeine] too quickly." In fact, the FDA recently launched an investigation into the safety of caffeine added to food and beverages.

Contrary to what you might think, these purported power drinks aren't just being guzzled by frat boys. Actually, the largest increase in energy-drink-related ER visits was in people over 40.

Why? Energy drinks may deliver an instant jolt that java doesn't. "Some contain large amounts of caffeine. And they're consumed differently than coffee. [Energy drinks] are gulped, rather than sipped," says Jacobson.

And that's exactly where the problem lies. "In the ER we'll usually see somebody who has heart palpitations or maybe hand or body tremors from drinking too many. However, we have seen a few patients who have had seizures," says Sean Nordt, M.D., Pharm.D., director of toxicology at USC's Keck School

© MINNATI ... IMAGE / GETTY IMAGES

High-Octane Ingredients?

Buyer beware. Almost every energy drink has its own "energy blend" of proprietary ingredients. And keep in mind that manufacturers aren't required to tell you how much of each ingredient their product contains.

CAFFEINE

In small quantities, caffeine may boost energy, alertness and athletic performance. Limit yours to 200 mg at a time, no more than twice a day.

GINSENG

...ince this East Asian herb does a thing to boost energy and ...actually been shown ... diabetes medica...

Any excess of these water-soluble nutrients (B_6, B_{12}, niacin, folic acid) is quickly flushed out of your body, so they're fairly safe. But experts agree they're unlikely to pep you up, despite what drink labels tout.

An amino acid, which may boost athletic performance and metabolism. Taurine is generally considered safe in doses of up to 3 000 mg a day.

Some energy drinks can pack up to 62 grams of sugar—or 15½ teaspoons' worth—per 16-ounce can. That can easily stack up to 250 calories a can—about as much as a 20-ounce bottle of cola.

of Medicine department of emergency medicine. These reactions aren't imaginary either: a new (unpublished) study presented at the American Heart Association's 2013 Scientific Sessions found that downing energy drinks raises systolic blood pressure by an average 3.5 points and can cause potentially fatal irregular heartbeats. Your risk of dangerous heart-rhythm disturbances is higher if you have an underlying heart condition or high blood pressure.

The most active ingredient in energy drinks is caffeine. While some brands have just 50 milligrams, others pack as much as 215 mg. To put that in perspective, an average 8-ounce cup of coffee contains roughly 100 mg and most experts advise limiting your caffeine to 400 mg a day *max*. Even more troubling, you may not be able to find out exactly how much caffeine is in your can. Energy-drink manufacturers are not required to list the amount of caffeine their products contain—whether it's marketed as a beverage or as a dietary supplement—unless it's added in the form of pure caffeine. If a drink's caffeine comes in the form of coffee, tea or another natural caffeine-containing substance, such as guarana, you might not know the total amount. So even if a can says it contains 200 mg of caffeine per serving, it may deliver significantly more.

Energy drinks can be dangerous on their own, yet they're even more perilous

CAFFEINE-O-METER (in milligrams of caffeine)

GREEN TEA EXTRACT
GINKGO BILOBA
CARNITINE
This amino acid purportedly pumps up endurance and promotes fat burning. Since we only need extra carnitine if we're deficient (wh ch is rare), it's fairly useless to get more. Less than 3 grams a day is generally cons dered to be safe; more can lead to stomach upset and possibly seizures.
ROCKSTAR

when combined with alcohol. And that pairing has gone mainstream: bars serve up a new breed of cocktails like "1.21 Gigawatts," a concoction of Red Bull, raspberry vodka, cognac and grenadine. When you mix alcohol and caffeine their effects blunt one another. "The caffeine makes you think you're sharper than you are," says Kent Sepkowitz, M.D., vice chairman of clinical affairs in the department of medicine at Memorial Sloan-Kettering Cancer Center in New York City. "But your judgment is still that of a drunk person."

Then, there's the question of whether energy drinks even deliver on their promises. Caffeine has been shown to help people think more clearly and improve exercise endurance, but just a small amount (as little as 1.5 mg per pound of body weight or about 2 cups of coffee for a 150-pound person) will provide a boost—and more is not better. Also, energy drinks' other ingredients—like vitamins, amino acids and botanicals—do little to enhance your energy or mental clarity, says a 2012 *Nutrition Reviews* report. (*See "High-Octane Ingredients?" above.*)

Overall, when drunk solo and in moderation, energy drinks can be fairly safe products. "But you need to look at each one individually," says Nordt, and know what's in your drink. *(To make your own energy drink, see page 30.)*

All-Natural Pick-Me-Ups. No Can Required.

You're burning the midnight oil to finish a deadline: Eat a light dinner. "When you eat too much, your body expends most of its energy on digestion so it has less to put towards concentration," says Rachel Begun, M.S., R.D., a spokesperson for the Academy of Nutrition and Dietetics. Skip —or limit—the carbs: they increase your body's production of the sleep-promoting neurotransmitter serotonin, making you groggy. Instead, opt for a protein-packed meal, like grilled tuna over a bed of spinach.

You've got a wicked case of jet lag: Munch on walnuts or dried tart cherries. Both are natural sources of melatonin, a hormone that regulates your body clock.

You're too beat to go to the gym: "Thirst is often an underlying cause of fatigue," says Begun. "To get that workout in, drink water and herbal tea throughout the day to stay hydrated. Eating four cups of water-rich produce, such as watermelon, cucumber and lettuce, daily can help you stay hydrated too."

When you have a long drive: Grab a cup of coffee or make this energy drink! Emerging research shows that caffeine is especially effective for keeping you awake at the wheel. An *Annals of Internal Medicine* study found that drinking 200 mg of caffeine beats taking a nap for preventing drowsy driving. And a just-released *British Medical Journal* study found long-distance truck drivers who were regular caffeine consumers were 63 percent less likely to have a crash than those who didn't have caffeine.

EatingWell Energy Drink

Makes: 1½ cups for 1 serving
Active time: 10 minutes **Total:** 10 minutes
To make ahead: Cover and refrigerate for up to 1 day.

Here's a refreshing lemony drink to give you a caffeine energy and antioxidant boost when you don't want coffee. It's a double strength brew of green tea plus yerba maté and delivers about 135 mg caffeine. Yerba maté is a tea made from the leaves of a South American tree. Look for it with other tea in the natural-foods section of large supermarkets or natural-foods stores.

- 1 cup boiling water
- 2 green tea bags
- 1 yerba maté tea bag
- 1½ tablespoons agave, honey or sugar
- 2 tablespoons lemon juice
- Ice cubes
- Chopped fresh mint (optional)

Put boiling water in a heatproof measuring cup. Add green tea and yerba maté and steep for 5 minutes. Remove the tea bags, squeezing the excess liquid into the cup before discarding. Stir in sweetener and lemon juice. Add 6 ice cubes and stir until they are melted and the drink is cold. If desired, wet the rim of your serving glass and coat with chopped mint. Add more ice to the glass and pour in the energy drink.

Per serving: 97 calories; 0 g fat (0 g sat, 0 g mono), 0 mg cholesterol, 26 g carbohydrate; 24 g added sugars; 0 g protein; 0 g fiber; 11 mg sodium; 95 mg potassium. **Nutrition bonus:** Vitamin C (20% daily value).

WHAT'S IN A DRINK?
This quick-to-make energy drink saves you about 150 calories and has less than half the sugar of most store-bought energy drinks.

4 Health Benefits of Coffee (and Cons to Consider)
Find out why coffee is beneficial for health, and reasons to cut back, at **eatingwell.com/go/coffee**

PHOTOGRAPHY BY PETER ARDITO. SOURCES (CAFFEINE CONTENT): PAGE 28-29: CSPI.ORG; Q&A: AU CONSUMER REPORTS; TABLE: MAYO CLINIC

Nuts.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber

Crazy.

15 POTATO CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Wrap your noggin around this: a heaping helping of heart-healthy pistachios has the same calories as just a handful of potato chips. Pistachios are also naturally trans-fat and cholesterol free, not to mention super satisfying. Trust us. We're the sensible choice when it comes to healthy summer snackin'.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated

All rights reserved. Get Crackin'. Wonderful. Wonderful Pistachios and the Wonderful Pistachios trade dress are registered trademarks of Paramount Farms International LLC. WP9307

Get Crackin'

Add Daisy

to the healthy foods you already enjoy.

100% Pure Cottage Cheese

- No additives, preservatives or added growth hormones
- 14 grams of protein per ½ cup.
- Good source of calcium.

weeknights / 34
Dinner Salads
fresh picks / 43
Zucchini
4 ways / 51
Ground Turkey
makeovers / 57
Flag Cake

healthy in a hurry

Great ideas for meals in minutes!

HEART-HEALTHY

Thursday

Grilled Steak Salad with Tomatoes & Eggplant

Page 38

Salads with Benefits

5 protein-packed dinner salads that satisfy

At the end of a long, hot day, especially one that hasn't been a model of healthy eating, what I really want is a salad. I'm craving greens and freshness and crunch, and dinner is the last chance to get my vegetable servings for the day. If I'm out for dinner I can order one, but restaurant salads are often surprisingly light on the veg and heavy on the dressing, with sodium-sodden croutons and/or bacon. And just how did that chicken on top end up being fried? I can do much better at home.

These five recipes bring the great tastes of classic restaurant dinner salads to life with a fraction of the calories, saturated fat and sodium. I can happily cut up beautiful little yellow tomatoes and creamy avocado while my husband grills the fish for Southwestern Salmon Cobb Salad. In just 35 minutes we'll get more than half our daily vegetables and all the nutritional benefits that come with them: a big hunk of vitamin A, so good for healthy eyes and skin; folate, to build better red blood cells; and much more.

Or we can make this noodle salad, which unlike the peanut noodles I usually order out has a big scoop of vegetables in every bowl. And that's a scoop of sunshine, with 133% of our daily value of vitamin C from all the cabbage, bell pepper and snow peas I'll be prepping while the noodles boil and the tofu roasts. What a way to end the day. —*Wendy Ruopp*

monday

Roasted Tofu & Peanut Noodle Salad

h=f h=h

Makes: 5 servings, 2 cups each
Active time: 40 minutes
Total: 40 minutes
Cost per serving: under $2

Top this veggie-heavy, peanut-saucy salad with chopped roasted peanuts for added crunch and protein

- ¼ cup lime juice
- ¼ cup reduced-sodium soy sauce
- 1 tablespoon canola oil
- 1 14- to 16-ounce package extra-firm water-packed tofu, cut into ½-inch cubes
- 6 ounces whole-wheat spaghetti
- ½ cup smooth natural peanut butter
- 3 tablespoons water
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 6 cups thinly sliced napa cabbage
- 1 medium orange bell pepper, thinly sliced
- 1 cup thinly sliced trimmed snow peas

1. Position rack in lower third of oven; preheat to 450°F. Coat a large baking sheet with cooking spray. Put a large pot of water on to boil for spaghetti.
2. Combine lime juice, soy sauce and oil in a large bowl. Stir in tofu; marinate, stirring frequently, for 10 minutes.
3. Using a slotted spoon, transfer the tofu to the prepared baking sheet; reserve the marinade. Roast the tofu, stirring once halfway through, until golden brown, 16 to 18 minutes.
4. Meanwhile, cook spaghetti according to package directions. Drain.
5. Whisk peanut butter, 3 tablespoons water, garlic and ginger into the reserved marinade. Add the spaghetti, cabbage, bell pepper and snow peas; toss to coat. Top with the tofu.

Per serving: 423 calories; 21 g fat (2 g sat, 5 g mono); 0 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 21 g protein; 8 g fiber; 546 mg sodium; 321 mg potassium. **Nutrition bonus:** Vitamin C (133% daily value), Vitamin A (46% dv), Calcium & Magnesium (26% dv), Iron (21% dv).

SPECIALLY SHAPED PASTA

CRAFTED TO BE DELICIOUS

Copyright ©2013 Panera Bread. All rights reserved.

Enjoy three uniquely shaped new pastas, each created to complement its authentic sauce. Try rich basil Pesto Sacchettini, our hearty Penne Bolognese and creamy Tortellini Alfredo. Served with your favorite soup or salad. Learn more at panerabread.com.

LIVE CONSCIOUSLY
Panera BREAD
EAT DELICIOUSLY

SOYMILK
Silk
VANILLA
The great new taste
that your body will love.
Now, the milk with heart-healthy protein* and 50% more calcium than dairy has a great new taste. Pure, delicious and smooth – try new Silk® Vanilla Soymilk today.
Silk
Recipes, coupons and more at Silk.com and

Chopped Chef's Salad

h•w h•f

Makes: 4 servings, about 2½ cups each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $3.50

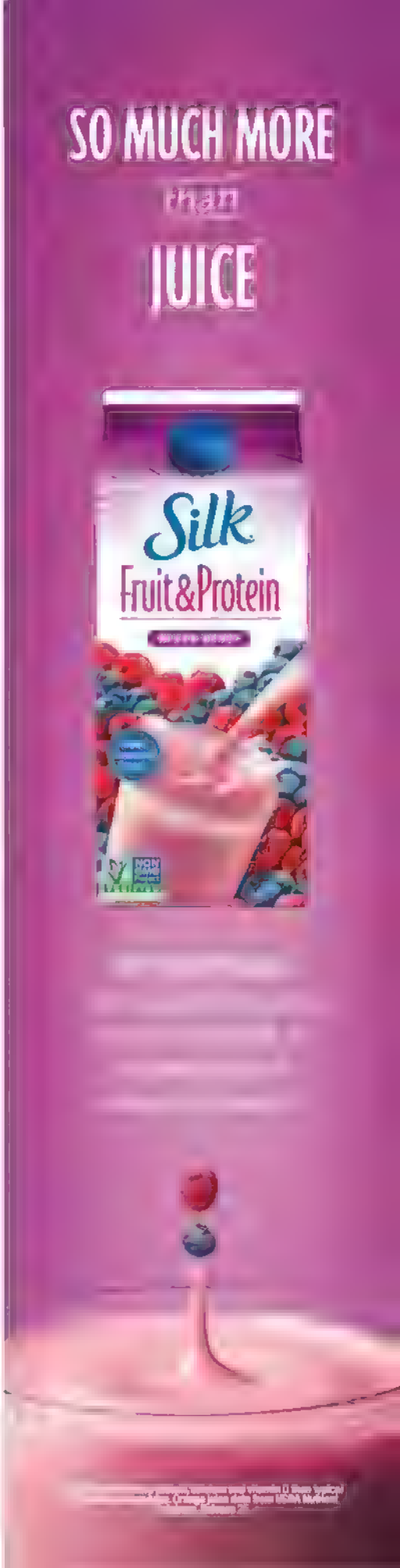
We gave this classic a makeover with our own Thousand Island dressing and reduced-sodium cheese and turkey. That slashed 260 calories and nearly a day's worth of sodium (2,131 mg!) per serving

- 6 cups chopped romaine or iceberg lettuce
- 1 15-ounce can no-salt-added chickpeas, rinsed
- 4 hard-boiled eggs, chopped
- 4 ounces sliced low-sodium Swiss or provolone cheese, chopped
- 4 ounces sliced reduced-sodium deli turkey, chopped
- 1 cup grated carrot
- ¼ cup low-fat mayonnaise
- ¼ cup ketchup
- ¼ cup sweet pickle relish
- 3 tablespoons cider vinegar
- Freshly ground pepper to taste

1. Toss lettuce, chickpeas, eggs, cheese, turkey and carrot in a large bowl.
2. Combine mayonnaise, ketchup, relish and vinegar in a small bowl. Pour the dressing over the salad, gently toss to combine. Top with a generous grinding of pepper.

Per serving: 391 calories; 17 g fat (7 g sat, 5 g mono); 228 mg cholesterol; 36 g carbohydrate; 4 g added sugars; 27 g protein; 6 g fiber; 752 mg sodium; 663 mg potassium. **Nutrition bonus:** Vitamin A (232% daily value), Calcium (38% dv), Folate (33% dv), Zinc (21% dv), Potassium (19% dv), Iron & Magnesium (17% dv).

PLATE: FRES PAGEL SALT & PEPPER MAG: ANGEL & THE LITTL. PEAR ANJOUY.COM



Chicken Salad with Pecans & Dried Cherries

h•w h•h

35

Makes: 4 servings, about 1 cup each
Active time: 25 minutes
Total: 35 minutes
To make ahead: Prepare through Step 3. Add pecans and cherries just before serving; refrigerate for up to 1 day.
Cost per serving: under $3.50

If you have cooked chicken breast on hand, skip Step 1 and use about 3 cups chopped chicken in Step 3.

- 1¼ pounds boneless, skinless chicken breast, trimmed
- ½ teaspoon salt, divided
- ⅓ cup low-fat plain yogurt
- ⅓ cup low-fat mayonnaise
- 1 tablespoon honey mustard
- ¼ teaspoon freshly ground pepper
- ½ cup thinly sliced celery
- ½ cup pecans, toasted (*see Tip, page 100*) and chopped
- ½ cup dried tart cherries, chopped
- 1 head Boston *or* butterhead lettuce, trimmed

1. Place chicken in a medium skillet or saucepan, cover with water and add ¼ teaspoon salt. Bring to a boil. Cover, reduce heat to maintain a gentle simmer and cook until the chicken is no longer pink in the middle, 10 to 15 minutes. Transfer to a plate to cool.
2. Meanwhile, combine yogurt, mayonnaise, mustard, pepper and the remaining ¼ teaspoon salt in a bowl.
3. When the chicken is cool enough to handle, cut into bite-size pieces. Add the chicken, celery, pecans and cherries to the bowl with the dressing and toss to combine.
4. Divide lettuce leaves among 4 plates and top with about 1 cup chicken salad each.

Per serving: 380 calories; 17 g fat (3 g sat, 8 g mono); 85 mg cholesterol; 23 g carbohydrate; 10 g added sugars; 32 g protein; 3 g fiber; 452 mg sodium; 428 mg potassium. **Nutrition bonus:** Vitamin A (26% daily value).

HEART-HEALTHY thursday

Grilled Steak Salad with Tomatoes & Eggplant

h•w h•f h•h

40

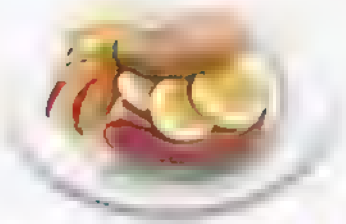
Makes: 4 servings, 1⅔ cups each
Active time: 40 minutes
Total: 40 minutes
Cost per serving: under $3.50

Yes, steak can be part of a heart-healthy dinner, especially when you choose lean flank steak and pair it with tomatoes, eggplant and olive oil. We toast dried oregano to season the salad and make it especially aromatic. Serve over watercress with a crusty baguette to soak up the dressing. (Photograph: page 33.)

- 1 tablespoon dried oregano
- 1 pound flank steak, trimmed
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 2 sweet Italian peppers *or* 1 large bell pepper, cut into 2-inch-wide strips
- 1 small eggplant (about 1 pound), cut lengthwise into ½-inch-thick slices
- 4 tablespoons extra-virgin olive oil, divided
- 2 large tomatoes, cut into wedges
- 1 small red onion, thinly sliced
- 1 small clove garlic, minced
- 3 tablespoons red-wine vinegar

1. Preheat grill to high.
2. Cook oregano in a small skillet over medium heat, stirring, until toasted, about 2 minutes. Transfer to a bowl.
3. Cut steak in half lengthwise; season with ½ teaspoon each salt and pepper. Brush peppers and eggplant with 1 tablespoon oil.
4. Oil the grill rack (*see Tip, page 100*). Grill the meat, turning once, about 10 minutes total for medium. Grill the peppers, turning once, until softened and charred in spots (about 10 minutes) and the eggplant until browned and slightly soft (about 8 minutes).
5. Add tomatoes, onion and garlic to the bowl with the oregano. Drizzle with vinegar and the remaining 3 tablespoons oil. Season with the remaining

(continued on page 40)



WAKE UP TO EGGS

Eggs now have even more Vitamin D, naturally. Nothing artificial. And they're a good source of high-quality protein too.

(continued from page 38)

½ teaspoon salt and ¼ teaspoon pepper; toss to combine. Chop the eggplant and peppers and cut the steak across the grain into thin slices; add to the bowl and toss to combine.

Per serving: 359 calories; 21 g fat (4 g sat, 13 g mono); 70 mg cholesterol, 17 g carbohydrate; 0 g added sugars; 27 g protein; 5 g fiber; 652 mg sodium, 833 mg potassium. **Nutrition bonus:** Vitamin C (66% daily value), Zinc (32% dv), Potassium (24% dv), Vitamin A (18% dv), Iron (16% dv).

Make Grilled Steak Salad for Two: Halve all the ingredients except the oil: use 1 tablespoon in Step 3 and 2 tablespoons in Step 5.

To skin salmon before grilling: Place the fillet on a cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the flesh and skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin.

Southwestern Salmon Cobb Salad

h•f

Makes: 4 servings, 4 oz. salmon & 2 cups salad each
Active time: 35 minutes
Total: 35 minutes
Cost per serving: under $8

Here's a twist on a classic Cobb salad: we skip the bacon and get some good smoky flavor from chipotle peppers instead. Look for small cans of chipotle peppers in adobo with Mexican foods at large supermarkets.

- 1¼ pounds wild Alaskan salmon, skinned (*see Tip, below left*)
- 1 tablespoon adobo sauce from canned chipotles, plus 1 tablespoon minced chipotle in adobo, divided
- ½ teaspoon salt, divided
- ½ cup reduced-fat sour cream
- 2 tablespoons white-wine vinegar
- 2 tablespoons water
- 10 cups mixed salad greens
- 1 avocado, diced
- 2 cups cherry tomatoes, halved
- ½ cup crumbled blue cheese

1. Preheat grill to medium-high.
2. Cut salmon into 4 equal portions. Brush with adobo sauce and sprinkle with ¼ teaspoon salt.
3. Oil the grill rack (*see Tip, page 100*). Grill the salmon, turning once, until opaque, about 3 minutes per side.
4. Combine sour cream, vinegar, water, minced chipotle and the remaining ¼ teaspoon salt in a small bowl. Toss greens in a large bowl with ½ cup of the dressing.
5. Divide the greens and salmon among 4 plates. Top with avocado, tomatoes and blue cheese. Drizzle with the remaining dressing.

Per serving: 385 calories; 22 g fat (8 g sat, 9 g mono); 91 mg cholesterol, 13 g carbohydrate; 0 g added sugars; 37 g protein; 7 g fiber; 696 mg sodium, 1,476 mg potassium. **Nutrition bonus:** Vitamin A (85% daily value), Folate (62% dv), Vitamin C (60% dv), Potassium (42% dv), Calcium & Magnesium (26% dv), Iron (18% dv), Zinc (16% dv).

BLUE Naturally Fresh

Introducing a major advance in reducing cat litter odor: The walnut shell.

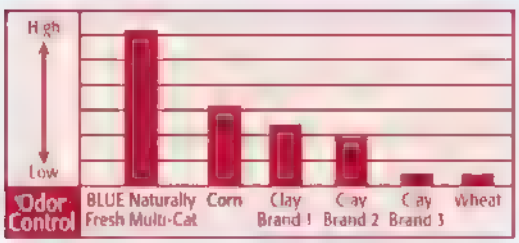
BLUE Naturally Fresh™ is a walnut-based cat litter that is proven to provide superior odor control.

When it comes to what cat parents want in a litter, nothing is more important than odor control. That's why you'll want to try BLUE Naturally Fresh, the only cat litter made from walnut shells. In laboratory tests, walnut shells neutralized odor better than leading brand litters.

100% natural and eco-friendly, BLUE Naturally Fresh provides the performance cat parents want most from a litter:

- **Superior odor control** among leading brand litters
- **Harder, faster clumping** for easy clean-up
- **Virtually dust-free** so you and your cat can breathe easier
- **Low tracking** so the litter stays in the box

BLUE Naturally Fresh: 2x-6x More Odor Control
Among Leading Brand Multi-Cat Litters



All natural and annually renewable • Biodegradable* • No chemicals, no toxins, no worries

**Biodegradable if composted or disposed of in a similar fashion. Landfill disposal in plastic bags is not conducive to biodegradation.*

Learn more at **BlueNaturallyFresh.com**

Available in Quick Clumping, Quick Clumping Multi-Cat and Non-Clumping Pellet

WE'RE *in* IT FOR THE DOUGH.

CRUST. NOT CASH.

Deliciously crispy crust.

All natural toppings.

Plus all profits to charity.

That's good no matter how you slice it.

© 2012 Newman's Own, Inc.

Gad, Zukes!

What's a cook to do with summer's most prolific vegetable? Here are 4 easy, delectable ideas to try.

There's an urban legend about a woman who leaves her car door unlocked one midsummer day only to find a bagful of zucchinis when she returns.

As someone who has grown zucchini, I have personally helped perpetuate that legend (*shhh*). How could I have known four tiny seeds would grow into plants that turned a tidy garden into a messy tangle and produced more zucchini than I could keep up with? That summer, I left zukes on neighbors' doorsteps. I baked countless zucchini breads. I shredded zucchini—filling dozens of freezer bags—and quietly slipped handfuls into sauces, soups, omelets and whatever else I cooked. By fall I was on zucchini overload.

Since then, I've discovered my inner zucchini: I've realized that all it takes are some great recipes. This year I'm making *Koosa Ma Laban*, a tangy Middle Eastern dip that blends the mild, fresh flavor of zucchini with yogurt and garlic. As a quick side for potlucks, the Curried Zucchini & Couscous is perfect. Melt-in-your-mouth-tender Zucchini Gratin (no butter or cream, thank you) is my pick to serve with grilled chicken or steak. And for breakfast, I'm way beyond zucchini bread—this season we'll be eating scrumptious Zucchini Pancakes instead. Make these four recipes and you will be keeping your car doors unlocked and asking for more.

—*Gretel H. Schueller*

Matters of Size: Small zucchini (less than 8 inches) have smaller seeds and sweeter flavor.

Curried Zucchini & Couscous

h•f h•h

25

Makes: 4 servings, 1¼ cups each
Active time: 25 minutes **Total:** 25 minutes

Made all in one saucepan, this couscous is a quick side to serve with grilled meats or Turkey Kofta (page 54). For a little sweetness, throw in a handful of raisins with the carrots.

- 2 tablespoons extra-virgin olive oil
- 2 medium zucchini, diced
- ¼ cup finely chopped onion
- 1 cup water
- 1 tablespoon lime juice
- 1 teaspoon curry powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅔ cup whole-wheat couscous
- 1 cup grated carrot
- ¼ cup slivered almonds, toasted (*see Tip, page 100*)

1. Heat oil in a large saucepan over medium heat. Add zucchini and onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Transfer to a large bowl.
2. Add water, lime juice, curry, cumin, salt and pepper to the pan and bring to a boil. Stir in couscous. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork.
3. Add the couscous and carrot to the bowl with the zucchini; stir to combine. Serve topped with almonds.

Per serving: 251 calories; 11 g fat (1 g sat, 8 g mono); 0 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 8 g protein; 7 g fiber; 321 mg sodium; 421 mg potassium. **Nutrition bonus:** Vitamin A (96% daily value), Vitamin C (35% dv).

Zucchini Bread Recipes Get our delicious recipes (one has chocolate chips!) at eatingwell.com/go/zucchinibread

Zucchini Pancakes

h•w

35

Makes: 5 servings, 2 pancakes each
Active time: 35 minutes **Total:** 35 minutes
Cost per serving: under $1

Shredded zucchini adds more fiber and nutrients to whole-grain pancakes. Top with maple syrup and more pecans. If you don't have pumpkin pie spice, use ½ teaspoon cinnamon, ¼ teaspoon ground ginger and ⅛ teaspoon each ground nutmeg and cloves.

- 2 cups shredded zucchini
- 1¼ cups white whole-wheat flour or all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice blend
- ¼ teaspoon salt
- 2 large eggs
- 1 cup plus 2 tablespoons low-fat milk
- 2 tablespoons melted butter
- 2 tablespoons light brown sugar
- 1 teaspoon vanilla extract
- ½ cup toasted pecans (*see Tip, page 100*), chopped

1. Put shredded zucchini in a clean kitchen towel and squeeze to remove as much moisture as possible.
2. Whisk flour, baking powder, pumpkin pie spice and salt in a large bowl. Whisk eggs, milk, butter, brown sugar and vanilla in a medium bowl. Make a well in the center of the dry ingredients, add wet ingredients and whisk until combined. Fold in the zucchini and nuts.
3. Coat a large nonstick skillet (or griddle) with cooking spray; heat over medium heat. Cook pancakes in batches, using a scant ⅓ cup batter for each and spreading it to make them about 4 inches wide. Cook until bubbles dot the surface, 1 to 3 minutes. Flip and brown on the other side, 1 to 2 minutes more. Reduce the heat if the pancakes are browning too quickly. Serve hot.

Per serving: 300 calories; 15 g fat (5 g sat, 7 g mono); 89 mg cholesterol; 34 g carbohydrate; 5 g added sugars; 10 g protein; 4 g fiber; 369 mg sodium; 311 mg potassium. **Nutrition bonus:** Iron (28% daily value), Calcium (21% dv).

New

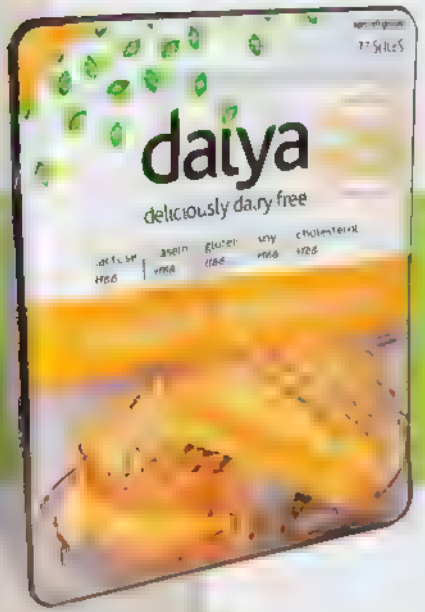
SLICES

Dear Daiya

I LOVE YOUR PRODUCTS!!

I dont eat dairy but I
mussed it terribly until
I found your products
They make me soooooo happy!
No more feeling deprived.

Lori
Cortlandt Manor, NY



DAIYA DELICIOUSLY DAIRY FREE SLICES

They're rich. They're smooth. They're unbelievably delicious. Hot or cold, they're everything you want from Daiya in a convenient slice. So go ahead, add a slice to your next tasty creation. Try Swiss, Provolone, and Cheddar Style.

share your daiya story

Middle Eastern Zucchini Dip

h*w h*h

20

Makes: about 1½ cups
Active time: 25 minutes **Total:** 25 minutes
To make ahead: Cover and refrigerate for up to 1 day; stir before serving

Serve this creamy and tangy dip, also known as Koosa Ma Laban, with baked pita chips or crunchy vegetables.

- 2 tablespoons extra-virgin olive oil
- 2 medium zucchini, diced
- 2 cloves garlic, chopped
- ½ cup low-fat *or* nonfat plain Greek yogurt
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh mint
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Heat oil in a large skillet over medium heat. Add zucchini and garlic and cook, stirring occasionally, until softened, about 5 minutes. Transfer the mixture to a food processor or blender; let cool for 5 minutes. Add yogurt, lemon juice, mint, salt and pepper. Puree until smooth.

Per ¼ cup: 69 calories; 5 g fat (1 g sat, 4 g mono); 1 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 3 g protein; 1 g fiber; 109 mg sodium; 190 mg potassium. **Nutrition bonus:** Vitamin C (23% value).

Zucchini Gratin

h*w

45

Makes: 4 servings, 1 cup each
Active time: 15 minutes **Total:** 45 minutes

This delicious gratin is made without any butter or cream, allowing the fresh zucchini flavor to shine. Slice the zucchini uniformly to ensure even cooking

- 2 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon dried marjoram *or* thyme
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 medium zucchini, thinly sliced (⅛ inch)
- ½ cup coarse dry breadcrumbs (*see Tip, page 100*), preferably whole-wheat
- ½ cup grated Parmesan cheese

1. Position rack in lower third of oven; preheat to 450°F. Coat a 7-by-11-inch baking dish (or similar size 2- to 2½-quart dish) with cooking spray.
2. Combine garlic, 1 tablespoon oil, marjoram (or thyme), salt and pepper in a large bowl. Add zucchini; toss until evenly coated. Transfer to the prepared baking dish.
3. Roast the zucchini until softened and starting to wilt in spots, about 15 minutes.
4. Meanwhile, combine breadcrumbs, Parmesan and the remaining 2 tablespoons oil in the bowl. Sprinkle the breadcrumb mixture over the zucchini and continue to bake until the topping is crisp, about 15 minutes more.

Per serving: 201 calories; 14 g fat (3 g sat, 9 g mono); 9 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 322 mg sodium; 406 mg potassium. **Nutrition bonus:** Vitamin C (45% daily value).

PROMOTION

WANDERLUST

VERMONT
Stratton Mountain • June 20–23, 2013

COLORADO
Copper Mountain • July 4–7, 2013

CALIFORNIA
Squaw Valley • July 18–21, 2013

WHISTLER
B.C., Canada • August 1–4, 2013

Yoga by

SEANE CORN • SHIVA REA • ANA FORREST • GURMUKH
DHARMA MITTRA • ROD STRYKER • SCHUYLER GRANT

Performances by

MOBY (ACOUSTIC & DJ) • GRAMATIK • TROMBONE SHORTY & ORLEANS AVENUE
FEMI KUTI & THE POSITIVE FORCE • QUIXOTIC • RANDOM RAB • CARAVAN PALACE • MC YOGI

plus

HIKING • FARM TO TABLE DINING • ORGANIC FOOD • WINE TASTING • RIVER RAFTING • BIKE TOURS
ROCK CLIMBING • INSPIRING LECTURES • OUTDOOR EXPEDITIONS • STAND UP PADDLEBOARD YOGA
& SO MUCH MORE

find your true north

wanderlustfestival.com

Our products are sweet.

Knowing where we come from makes us sweeter.

When you sweeten with Florida Crystals,® you know it's something good.

We grow.
We harvest.
We conserve.
We sustain.
You enjoy.

Learn about our sustainability and conservation efforts that start at our farm and continue in your kitchen We're more than Sweet, and together, we do good

FLORIDA CRYSTALS®

Earth Friendly, Uniquely Delicious.

floridacrystals.com

Let's Talk Turkey

These recipes make lean ground turkey downright delicious

For anyone who loves burgers, ground turkey is the go-to choice to cut saturated fat and calories (case in point: our juicy Korean Turkey Burgers on page 52). But not all ground turkey deserves its health halo. Turkey that's 85%-lean (made mostly of dark meat and fat) is no better for you than 85%-lean ground beef. So, it's all about picking the right grind. We like 93%-lean ground turkey made from a combination of light and dark meat. You get the benefits of dark meat—moisture and a fuller flavor—with the virtues of light meat. (*See how it stacks up versus other grinds of turkey and beef, below.*) It's the perfect balance for recipes like Turkey Kofta with Tahini Sauce—a loaded-with-spice Middle Eastern kebab—or a healthier version of the saucy Chinese classic Ma Po Tofu. Give ground turkey a try for your next meal. With these recipes, it's not the same old grind. —*Hilary Meyer*

THE STATS

(per 3-ounce portion)	Cal	Sat Fat (g)
85%-Lean Ground Turkey	204	4
✓ 93%-Lean Ground Turkey	150	2
99%-Lean Ground Turkey	120	0
85%-Lean Ground Beef	193	5
90%-Lean Ground Beef	172	4

Korean Turkey Burgers with Kimchi

h•w h•f h•h

Makes: 4 servings
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $3

Korean chile paste (also known as gochujang) makes these turkey burgers incredibly moist and flavorful. Look for kimchi—a fermented mixture of cabbage and other vegetables—near other refrigerated Asian ingredients or near sauerkraut or pickles in well-stocked supermarkets or natural-foods stores.

- 1 pound 93%-lean ground turkey
- 3 scallions, sliced
- 8 teaspoons Korean chile paste (*see Tip, page 100*), divided
- 1 teaspoon toasted sesame oil
- 2 tablespoons low-fat mayonnaise
- 4 small whole-wheat hamburger buns, toasted
- 12 slices English cucumber
- 1 cup kimchi

1. Preheat grill to medium-high.
2. Combine turkey, scallions, 5 teaspoons chile paste and sesame oil in a medium bowl; gently knead together. Do not overmix. Form into 4 burgers, about 4 inches wide.
3. Oil the grill rack (*see Tip, page 100*). Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, 3 to 4 minutes per side. Let rest for 5 minutes.
4. Meanwhile, combine mayonnaise and the remaining 3 teaspoons chile paste in a small bowl. Assemble the burgers on toasted buns with 2 teaspoons of the mayonnaise mixture, 3 slices cucumber and ¼ cup kimchi each.

Per serving: 341 calories; 12 g fat (3 g sat, 1 g mono); 67 mg cholesterol; 33 g carbohydrate; 7 g added sugars; 28 g protein; 5 g fiber; 731 mg sodium; 441 mg potassium. **Nutrition bonus:** Iron (17% daily value).

Turkey Ma Po Tofu

h•w h•h

Makes: 4 servings, 1¼ cups each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $3

We swap in turkey for pork to cut saturated fat in this Chinese classic. Serve with rice, a drizzle of sesame oil and scallions.

- 2 tablespoons chile-garlic sauce (*see Tip, page 100*)
- 1½ tablespoons black bean-garlic sauce (*see Tip, page 100*)
- 1 tablespoon Chinese rice wine *or* dry sherry
- 2 teaspoons reduced-sodium soy sauce
- 1¼ cups water plus 2 tablespoons, divided
- 2 tablespoons canola oil
- 1 pound 93%-lean ground turkey
- 8 ounces cremini mushrooms, sliced
- 4 scallions, thinly sliced
- 1 teaspoon minced fresh ginger
- 1 14- to 16-ounce package water-packed soft tofu, cut into ½-inch cubes
- 2 tablespoons cornstarch

1. Whisk chile-garlic sauce, black bean sauce, rice wine (or sherry), soy sauce and 1¼ cups water in a small bowl.
2. Heat oil in a large skillet over medium-high heat. Add turkey and mushrooms and cook, stirring and breaking up the turkey, until it is no longer pink, 3 to 5 minutes. Add scallions and ginger and cook, stirring, for 1 minute more.
3. Add the reserved sauce; bring to a boil. Stir in tofu and cook until hot, about 2 minutes. Combine cornstarch with the remaining 2 tablespoons water and add to the pan. Simmer until the sauce is thickened, about 2 minutes.

Per serving: 325 calories; 18 g fat (3 g sat, 5 g mono); 65 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 451 mg sodium; 695 mg potassium. **Nutrition bonus:** Potassium (20% daily value), Iron (19% dv), Folate (17% dv).

MAKE IT FOR TWO Halve the ingredients (using 2½ tsp. black bean-garlic sauce and ⅔ cup water in Step 1); prepare in a medium skillet.

Label Watch Want turkey raised without antibiotics? Find what labels to look for at eatingwell.com/go/antibiotics

THIS 4TH of JULY

ADD SOME GREEN

TO YOUR RED, WHITE *and* BLUE.

THIS 4TH OF JULY, kick up those old classics and put a little green in your red, white and blue with fresh California Avocados. On burgers, on dogs, on the grill, or in your favorite salad, the options are endless and the avocados are All-American. Just like the folks who grow them, American family farmers dedicated to delivering that creamy, completely handcrafted California Avocado taste to your 4th of July table. So when planning your celebrations, don't forget to bring home a true American classic ... the California Avocado. And always be sure to look for California on the label.

HAND GROWN IN CALIFORNIA

FOR DELICIOUS 4TH OF JULY RECIPES, VISIT CALIFORNIAAVOCADO.COM TODAY

BE SAFE
Ground turkey should be cooked until it's no longer pink and has an internal temperature of 165°F. This will kill any harmful bacteria.

8-Layer Taco Salad

how hif hvh

30

Makes: 6 servings, about 1⅔ cups each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $2.50

Layer taco salad in a clear glass bowl and you'll have an eye-catching party-worthy dinner in 30 minutes.

- 1 tablespoon canola oil
- 1 pound 93%-lean ground turkey
- 2 tablespoons chili powder
- ½ teaspoon salt, divided
- 1 avocado, pitted
- ½ cup nonfat plain Greek yogurt
- 1½ cups crumbled unsalted tortilla chips
- 1 cup prepared salsa
- 1 15-ounce can pinto beans, rinsed
- 5 cups thinly sliced romaine lettuce
- ½ cup shredded Mexican cheese blend
- 1 medium tomato, chopped

1. Heat oil in a large skillet over medium-high heat. Add turkey, chili powder and ¼ teaspoon salt. Cook, stirring and breaking up lumps, until cooked through, about 5 minutes.
2. Meanwhile, mash avocado, yogurt and the remaining ¼ teaspoon salt in a small bowl with a fork until smooth.
3. Transfer the turkey and any juice from the pan to a serving bowl. Layer chips, salsa, beans and lettuce over the turkey. Spread the avocado mixture over the lettuce. Top with cheese, then tomato.

Per serving: 383 calories; 20 g fat (5 g sat, 7 g mono); 53 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 25 g protein; 8 g fiber; 630 mg sodium; 812 mg potassium. **Nutrition bonus:** Vitamin A (95% daily value), Folate (32% dv), Iron (24% dv), Potassium (23% dv), Magnesium (17% dv), Calcium & Vitamin C (16% dv).

Turkey Kofta with Tahini Sauce

how hvh

25

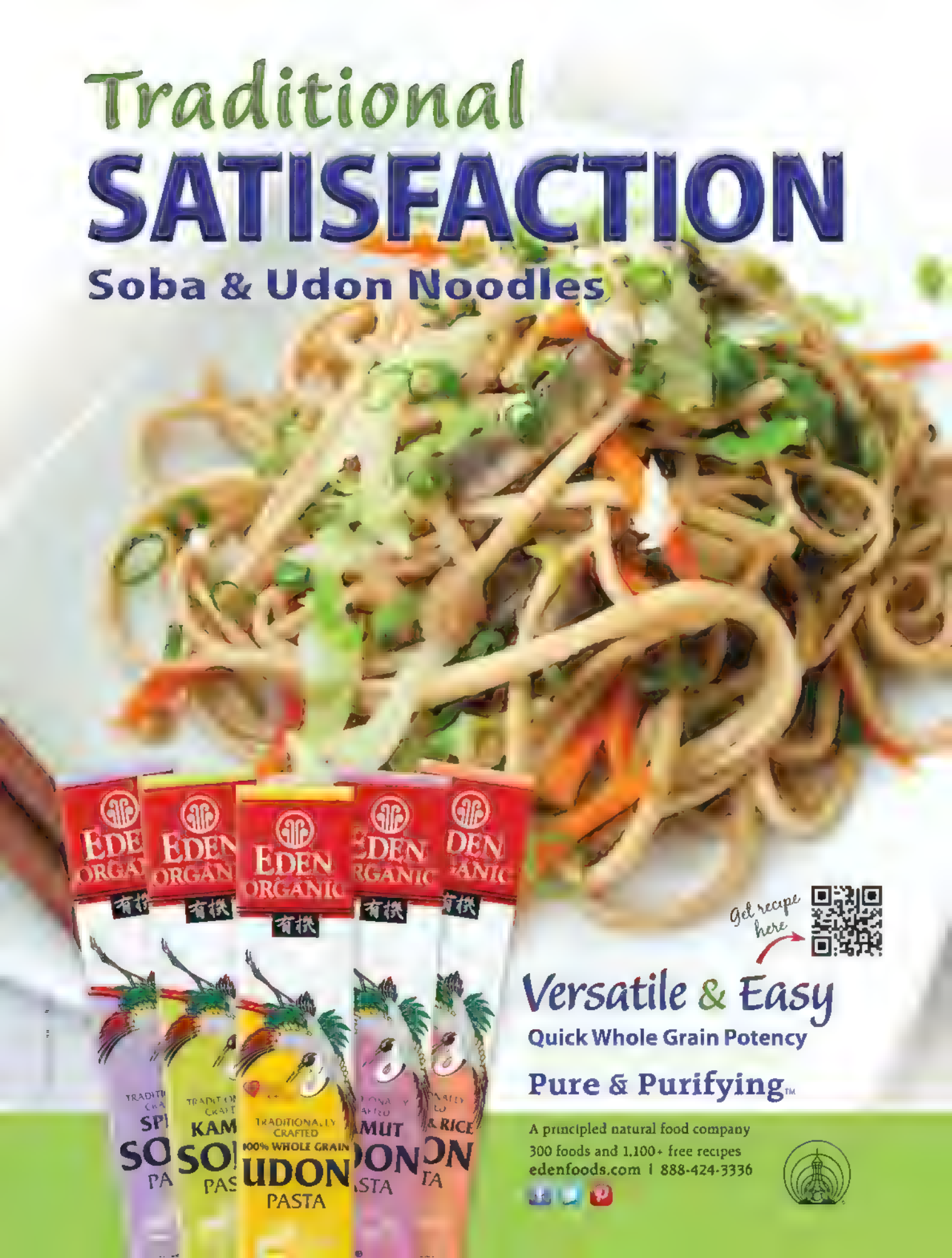
Makes: 4 servings, 2 kofta & 2 Tbsp. sauce each
Active time: 25 minutes **Total:** 25 minutes
Equipment: 4 (10- to 12-inch) flat metal skewers
Cost per serving: under $2

Look for tahini, a sesame paste, with Middle Eastern ingredients or in the natural-foods section of the supermarket.

- 1 pound 93%-lean ground turkey
- ½ cup minced onion
- ½ cup coarse fresh or dry whole-wheat breadcrumbs (*see Tip, page 100*)
- 5 tablespoons chopped fresh cilantro, divided
- 1 teaspoon ground cumin, divided
- ½ teaspoon ground allspice
- ½ teaspoon salt plus ⅛ teaspoon, divided
- ¼ teaspoon cayenne pepper
- ⅓ cup low-fat plain yogurt
- 2 tablespoons tahini
- 1 tablespoon lemon juice

1. Preheat grill to medium-high.
2. Combine turkey, onion, breadcrumbs, 4 tablespoons cilantro, ½ teaspoon cumin, allspice, ½ teaspoon salt and cayenne in a large bowl; gently knead together. Do not overmix. With damp hands, form the mixture into two ovals on each skewer; use about ⅓ cup for each and place at least 1 inch apart.
3. Oil the grill rack (*see Tip, page 100*). Grill the kebabs until an instant-read thermometer inserted in the center registers 165°F, about 4 minutes per side.
4. Combine yogurt, tahini, lemon juice, the remaining 1 tablespoon cilantro, ½ teaspoon cumin and ⅛ teaspoon salt in a small bowl. Serve the kebabs with the sauce.

Per serving: 255 calories; 12 g fat (3 g sat, 2 g mono); 66 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 26 g protein, 2 g fiber; 474 mg sodium; 390 mg potassium.


Traditional
SATISFACTION
Soba & Udon Noodles
EDEN ORGANIC
有機
TRADITIONALLY CRAFTED
100% WHOLE GRAIN
UDON
PASTA
Get recipe here
Versatile & Easy
Quick Whole Grain Potency
Pure & Purifying™
A principled natural food company
300 foods and 1,100+ free recipes
edenfoods.com | 888-424-3336

WHAT'S ESSENTIAL TO ME?

Never taking a perfect day for granted

WHY OMEGA-3s

- ☑ Support Healthy Heart, Brain, and Mood*
- ☑ Promote Optimal Metabolism and Body Composition*

WHY NORDIC NATURALS

- ☑ Proven Safe and Effective
- ☑ Exceptionally Pure
- ☑ Award-Winning Taste

At Nordic Naturals, we believe that omega o ls are essential to an extraordinary ife. That's why we're committed to delivering the world's safest, most effective omega oils, so you can do more of what you love. What's essential to us is proven purity, leading freshness, and great taste. It's sustainability from boat to bottle, so you can feel as good about your fish oil as you do about your health What's essential to Nordic Naturals is simple. It's what's essential to you

ESSENTIALS FOR AN EXTRAORDINARY LIFE™

800 662 2544 |

NORDIC® NATURALS

A Slimmer Red, White & Blue

Swimming, fishing, running through the sprinkler, smoky grills, potato salad and burgers are what this time of year's all about. And come the 4th of July, it's parades, fireworks and, of course, flag cake! This patriotic sweet is undeniably easy and festive. The only thing not to like: most recipes for flag cake are burdened with heaps of sugar, saturated fat and calories. So as a duty to our country we bring you a lighter version this year. *(See page 58 for details on how we did it.)* Now our only concern: this cake is too good to have just once a summer. So for all the other days we've come up with another way to artfully arrange berries. See our idea on the next page. —*Jessie Price*

To see step-by-step photos for decorating this flag cake, go to **eatingwell.com/go/flagcake**

Simple swaps save big on calories, saturated fat and sugar

SKIP GOBS OF BUTTER.
To reduce saturated fat in the cake, use half butter and half canola oil. Less sat. fat means it's better for heart health.

LIGHTEN UP THE FROSTING.
Use reduced-fat cream cheese instead of full-fat. Skip butter and blend it with low-fat Greek yogurt instead. Keep sugar to a minimum to slash calories.

PUT DOWN THE PIPING BAG.
Forget piping frosting to make white stripes and stars. Keep it light by using fruit to make beautiful decorations. Get white stripes with a dusting of confectioners' sugar.

SLICE SENSIBLY.
No matter how many calories you trim from a sweet treat, it's still just that: a sweet treat. So eating a healthy portion is as important as always. Cut this cake into 20 servings.

EatingWell Flag Cake

Recipe by Katie Webster

Makes: 20 servings
Active time: 1¼ hours **Total:** 3 hours
To make ahead: Prepare frosting and refrigerate for up to 3 days. Let come to room temperature before using.

Cake
- 1¼ cups granulated sugar
- ⅓ cup canola oil
- 4 tablespoons unsalted butter, at room temperature
- 4 large eggs, at room temperature (*see Tip, page 100*)
- 2 cups whole-wheat pastry flour or all-purpose flour
- 1 cup cake flour
- 1⅓ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup buttermilk
- Zest and juice from 1 lemon
- 2 teaspoons vanilla extract
- ½ teaspoon almond extract

Frosting & Decoration
- 12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- ½ cup confectioners' sugar plus 2 tablespoons, divided
- 3 tablespoons low-fat plain Greek yogurt
- ½ teaspoon vanilla extract
- 1½ cups raspberries
- ½ cup blueberries
- 2 cups strawberries, sliced

1. **To prepare cake:** Preheat oven to 350°F. Line the bottom of a 9-by-13-inch baking pan with parchment paper; coat the paper and sides of the pan with cooking spray.
2. Beat granulated sugar, oil and butter in a large mixing bowl with an electric mixer on medium speed until well combined. Beat in eggs, one at a time, until just incorporated.
3. Whisk whole-wheat (or all-purpose) flour, cake flour, baking powder, baking soda and salt in a medium bowl. Combine buttermilk, lemon zest, lemon juice, 2 teaspoons vanilla and almond extract in a measuring cup. With the mixer on low speed, add the dry ingredients to the mixing bowl alternately with the buttermilk mixture, beating just until incorporated after each addition, scraping down the sides as necessary. Spread the batter in the prepared pan.
4. Bake until a toothpick inserted in the center comes out clean, 28 to 34 minutes. Let cool in the pan on a wire rack for 15 minutes. Turn out onto the rack and let cool completely, about 1 hour.
5. **To prepare frosting:** Beat cream cheese, ½ cup confectioners' sugar, yogurt and ½ teaspoon vanilla in a mixing bowl until smooth.
6. **To decorate:** Invert the cake onto a platter. Spread the frosting over the top and sides. Mark 3 horizontal lines for the white "stripes" and a rectangle in the upper lefthand corner for the "blue rectangle." Gently pat berries with a paper towel to dry. Make 3 "stripes" of raspberries on the marked lines. Place half of the blueberries in the "blue rectangle," leaving space between each berry. Sift the remaining 2 tablespoons confectioners' sugar over the raspberries and blueberries to make them the white "stripes" and "stars." Fill the rest of the "blue rectangle" with the remaining blueberries. Place strawberries between the rows of raspberries as the red "stripes."

Per serving: 264 calories; 11 g fat (4 g sat, 4 g mono); 57 mg cholesterol, 35 g carbohydrate; 16 g added sugars; 5 g protein; 2 g fiber; 212 mg sodium; 113 mg potassium. **Nutrition bonus:** Vitamin C (24% daily value).

FLAG CAKE PER SLICE	CALORIES	SAT. FAT (G)	ADDED SUGAR (G)
Traditional	715	26	52
EatingWell	264	4	16
You Save	451	22	36

Instead of a flag, make a flower garden: Use blueberries and raspberries to make flowers. Arrange strawberry slices around the edge of the cake. **Post a picture** of your own creation on our Facebook wall at *facebook.com/eatingwell* and we'll share your photos to inspire the rest of our fans.

advertisement

Feast without meat

The American diet is changing as more and more people discover that skipping meat, even just a couple of times a week, has a host of health benefits.

Get creative in the kitchen with these good for you, meatless products—you'll quickly discover that a meal without meat is a satisfying culinary treat.

Daisy® Brand Cottage Cheese

Daisy Brand Cottage Cheese is 100% pure, no preservatives or added growth hormones. Each half-cup serving of Daisy Low Fat provides 14g of lean protein, a good source of calcium and is gluten free.

For recipe ideas, purchase information and new ways to enjoy cottage cheese, visit daisybrand.com/cottagecheese.com.

Follow Your Heart®

Treat your tastebuds and your waistline! Reduced Fat Vegenaise® delivers the sumptuous taste of mayo with less than half the fat and calories. Make the switch today—you won't believe it's reduced fat.

Visit followyourheart.com for delicious meat-free recipe ideas, from breakfast through dinner.

Lundberg® Olde World Pilaf

Colorful to the eye with a delightful texture and aroma, Olde World Pilaf is a delicious blend of whole grain brown rice, black-eyed peas, lentils and split peas. This unique combination offers protein, complex carbohydrates and dietary fiber.

Visit lundberg.com for purchase information and more.

enter to win

Enter for the chance to WIN EatingWell's Feast Without Meat sweepstakes!

- One Runner-Up will win prizes from Follow Your Heart® and

NO PURCHASE NECESSARY TO ENTER. Void is subject to official rules at www.eatingwell.com/go_feast. The Feast Without Meat Sweepstakes begins at 2:00pm ET on 6/18/13 and ends at 11:59pm ET on 8/26/13. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address. Void where prohibited. Sponsor: Meredith Corporation.

DON'T WAIT!

FEEL BETTER, LOOK BETTER, LIVE BETTER

You want more out of life than to fit into your skinny jeans. You want to feel focused, energized, and inspired—the way you used to feel. But you assume that a decline in mood or energy, along with creeping weight gain, is just . . . life. Well, it doesn't have to be. Your body isn't getting what it needs. And Almased can help.

WHAT IS ALMASED?

German holistic therapist Hubertus Trouillé developed Almased to help improve his patients' metabolism. It did that and more—burned fat, decreased hunger, improved kidney function, and promoted healthy levels of the human growth hormone (HGH), which has anti-aging effects.

A host of studies by German scientists and 25 years of research have confirmed the claims: Almased's potent blend of fermented soy, probiotic yogurt, and enzyme-rich honey safely speeds up metabolism, zaps weight, and boosts energy levels. In fact, just one serving of Almased daily may promote beneficial effects on metabolic health.

What might this look like for you? You'll lose weight while retaining muscle mass. Eat less but feel full. Increase your quality of life while supporting overall well-being. Sounds like a win-win.

WANT MORE INFORMATION?
Call us toll-free at 1-877-ALMASED (1-877-256-2733) or visit almased.com. Find Almased in health food and GNC stores or online at almased.com.

DOWNLOAD your free Bikini Plan Guide for tips and recipe ideas at **bikini-plan.com**.
Enter source code: **EWF**

What's in Almased?

Our proprietary formula blends three key ingredients that help speed up metabolism, improve energy levels, and burn fat effectively.

1 PROBIOTIC YOGURT

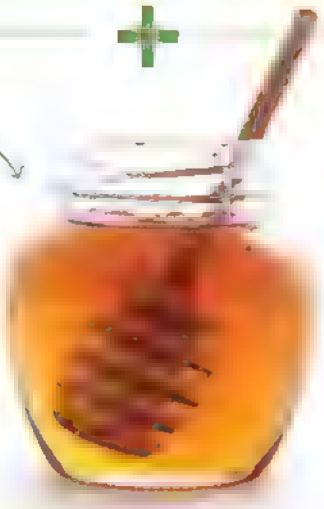
This potent source of healthy bacteria has a beneficial effect on intestinal flora, while also strengthening the immune system and easing digestion.

2 FERMENTED SOY

This high-quality protein keeps you full and energized while helping you maintain muscle mass—with no trans fats or cholesterol. And the fact that it's fermented makes it easier for your body to digest and absorb.

3 ENZYME-RICH HONEY

Beyond adding a touch of natural sweetness, raw honey contains natural enzymes that act as a prebiotic, soothing the stomach and aiding digestion. And because Almased contains such a small dose, it's safe for people with diabetes.



WHAT IT DOES*

NOURISHES THE BODY with a unique formula of fermented soy, yogurt, and honey.

PROMOTES HEALTHY CHOLESTEROL and triglyceride levels.

RAMPS UP THE METABOLISM and improves energy levels.

MAINTAINS HEALTHY BLOOD PRESSURE.

BURNS BODY FAT without reducing muscle mass.

SUPPORTS THYROID FUNCTION by letting you achieve a higher resting metabolic rate and burn fat more efficiently.

REGULATES HUNGER by promoting a healthy level of ghrelin, the hormone that stabilizes blood sugar and regulates hunger.

REDUCES THE NEGATIVE EFFECTS OF AGING by helping you attain a healthy level of natural HGH, the human growth hormone.

STIMULATES FAT REDUCTION and inhibits fat storage by keeping insulin levels balanced.

What You WON'T Find in Almased:
Artificial fillers, flavors, added sugars or preservatives, gluten, or genetically modified ingredients.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.

Bill and the Beanstalk

BILL BEST SO LOVED THE QUIRKY GREEN BEANS HIS MOTHER GREW THAT HE SET OUT TO PRESERVE VANISHING HEIRLOOM VARIETIES. TODAY OTHER FARMERS ARE FOLLOWING SUIT AND BRINGING A NEW WORLD OF BEANS TO FARMERS' MARKETS AND DINNER TABLES

BY JANE BLACK ~ RECIPES BY RONNI LUNDY

Bill Best treats his beans like family. As he walks through the trellised rows of his Eastern Kentucky farm, dressed in worn denim overalls and a baseball cap, he calls each one by name and tells its story: "This is the Gallahar bean," he explains, patiently, as he lovingly touches the pod on the vine. "It was sent to me by a woman in Minnesota. Her grandfather grew this bean near Clinton, Tennessee, and hauled them to Knoxville."

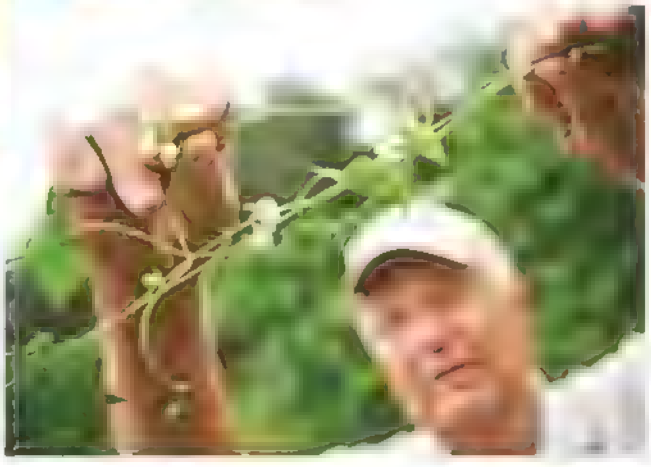
He points out the long brown Case Knife, which is so large and flat it could just as easily sheathe a dagger as its eight nut-colored seeds. Here, at the end of the row, its curving vines laced with purple morning glories—a beautiful but persistent pest—are Logan Giants, beloved by West Virginians. Then there's one of Best's favorites: the Margaret Best Greasy Cut-Short, a shiny medium pod named for his mother. Best has been eating this family bean for more than three-quarters of a century, and growing and picking it nearly as long. He cooks them just as his mother did: long and slow, with onion and a little bacon grease. The result is remarkable. The green pods become velvety and the beans inside remain firm but creamy. To those who imagine that a cooked-to-death green bean is purgatory on the plate, a real Appalachian-cooked green bean is a culinary revelation, delivered by a choir of angels.

Over the last decade, cooks and gardeners have fallen in love with the idea of heirlooms. But it's that more princely fruit—the tomato—that has hogged the spotlight. While tomatoes that were bred for shipping lost their flavor and their funky,

PHOTOGRAPHY BY TODD JOYCE ~ FOOD PHOTOGRAPHY BY HELEN NORMAN

SAVING DIVERSITY
Over the years, Bill Best (left) has collected more than 600 varieties of beans. At first glance, the beans in his fields may look alike. But up close, their personalities stand out. For instance there's the Spangler (opposite, top), distinguished by its yellow-and-pink mottled pod, and the Doyce Chambers Greasy Cut-Short (opposite, bottom), which has a slick-looking pod, thus "greasy," and seeds with squared-off edges, thus "cut-short."

FULL OF BEANS
Young green beans (*above*) with tender pods, like those at the supermarket, can be cooked more quickly than those with fully developed seeds (*far left*). In Appalachia the beans you'll find are runner beans, which grow along trellises (*below*), rather than low-growing bush beans



LIVING TREASURES
Best will save these dried Conover Farm Ly Butter Beans (*in hand, above*) to plant next year. The Conover is a collection of 10 types of beans all grown together; they were gathered by a soldier as he walked from New Orleans to Kentucky after the Civil War

lumpy shapes, green beans lost their eccentricities and their nutritional value too. The fresh green beans that you now find at the grocery store—usually a variety called Blue Lake—have very small beans inside the pod. And it is those seeds that carry the protein that made beans a staple of the American diet in the first place. "What has happened to beans is worse than what happened to tomatoes—and what happened to tomatoes is a crime against humanity," Best says. "Beans were so nutritious. They are real stick-to-your-ribs food."

Fifty years ago, it was a different story. In the Appalachian hills and hollows, there was a seeming endless variety of green beans. Best believes that the diversity is a result of natural genetic mutations that were carefully preserved by mountain-locked family farms. If a new-looking sort of bean appeared in a field one year, and it tasted good, farmers would reserve seeds to plant the next year's crop and, ultimately, to pass on to the next generation. Some beans were small, delicate and sweet; others were meaty with a more mineral tang that left a lingering silky feel on the palate.

But as families moved off the farm, they abandoned the time-consuming tradition of saving seeds in favor of the commercial hybrid seeds easily purchased at the store. These new varieties—with names like Tenderpod or Tenderpick—advised growers "not to let lumps appear" and to eat their beans "young and tender" before full seeds developed in the pod. Marketing taught the new generation to look down on a pod swollen with the plump seeds that had always made beans healthful and delicious.

Best never intended to become a professional seed saver or bean evangelist. In 1962—with a master's in physical education and a specialty in modern dance and aquatic arts—he moved to Berea, an hour outside Lexington, to work at the local college. He had a 40-year career as a professor, administrator and swim coach, and earned a doctorate along the way. But, all the while, he was farming, growing the varieties that his mother had planted in the mountains of North Carolina when he was a boy.

(continued on page 66)

Wilted Green Bean Salad

h•w h•f h•h

Makes: 6 servings, about ⅔ cup each
Active time: 20 minutes **Total:** 20 minutes

"Killed," or wilted, lettuce is a traditional Southern salad in which tender greens are tossed in a dressing of hot bacon grease and tart vinegar, salt and pepper, garnished with crisp pieces of bacon and raw spring green onion. Here we do something deliciously similar with lightly steamed tender new green beans.

- 1 pound thin green beans or haricots verts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 2 scallions, finely chopped
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper, or to taste

1. Bring about 3 inches of water to a boil in a large saucepan. Add green beans and return to a boil. Reduce heat to maintain a vigorous simmer, cover and cook for 5 minutes.
2. Meanwhile, cook bacon in a large skillet over medium heat, stirring frequently, until crisp. Transfer to a plate lined with paper towels to drain. Pour out all but about 1 tablespoon of bacon fat from the pan.
3. Drain the beans and transfer to a bowl. Add scallions and toss. Pour on vinegar and toss to coat. Pour the reserved bacon fat over the beans, add the bacon and toss. Season with salt and pepper.

Per serving: 76 calories; 5 g fat (1 g sat, 2 g mono); 8 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 222 mg sodium; 157 mg potassium.

Green Bean & Tommy-Toe Salad

h•w h•f h•h

Makes: 4 servings, about ¾ cup each
Active time: 30 minutes **Total:** 40 minutes

At first glance you may think that vinegar or lemon juice has been inadvertently omitted from the ingredient list. Not so. The juice of tiny ripe cherry tomatoes, called "tommy toes" in parts of the mountain South, is acidic enough and also contributes subtle sweetness—the perfect counterpoint to fresh beans.

- 3 tablespoons extra-virgin olive oil
- 1 large clove garlic, cut in half
- 8 ounces green beans, trimmed, cut into 1-inch pieces (about 2 cups)
- ½ small sweet white onion, diced (½ inch)
- ½ teaspoon salt
- 1 pint cherry tomatoes, halved

1. Place oil and garlic in a small bowl. Set aside.
2. Put green beans in a medium saucepan and add enough water to cover. Bring to a boil. Cover, reduce heat to maintain a simmer and cook until the beans are tender, 15 to 20 minutes.
3. Drain the beans and transfer to a serving bowl. Discard the garlic and add the garlic-infused oil to the beans. Add onion and salt; gently toss to coat. Let stand for 5 minutes.
4. Add tomatoes to the beans and gently stir to combine. Serve immediately.

Per serving: 132 calories; 11 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 2 g protein; 3 g fiber; 295 mg sodium; 274 mg potassium. **Nutrition bonus:** Vitamin C (27% daily value), Vitamin A (20% dv).

(continued from page 64)
and selling them at the local farmers' markets: "I wasn't calling them heirlooms," he says. "They were just old-fashioned beans."

In 1988, a journalist visited Best's farm and published an article in *Rural Kentuckian* (now *Kentucky Living*) about Best's rare bean varieties. Within six months, he had received 86 letters from six different states. People wanted his beans, and they wanted to share theirs with him: "I became suddenly aware that I was onto something," Best remembers.

"Bill is a genuine American treasure," says Ronni Lundy, who first met Best in the late '90s when she went to visit him on his farm while she was researching a cookbook on Southern foods from the garden. "He's bringing back the beans of my childhood." Lundy, the author of five cookbooks, got her education in beans at family reunions each summer, "up home," where there was never just one pot of beans on the table but as many as a half dozen contributions made by an assortment of aunts and great-aunts. It was in part the memories of those aunties' beans that inspired the recipes Lundy created for this story.

Today, though Best has over 600 varieties of beans in his collection, he still has a long way to go to save all the beans on the verge of extinction. Each year on the first Saturday in October, he holds a meeting on his farm for the bean-obsessed to trade seeds and strategies. And each year, he carefully combs the fields for mutants, natural crosses that result in unique, new beans like the large, mottled purple one he found at the end of last year's harvest. "The genetics of beans are just phenomenal," he says. "They give new meaning to the words 'God-given.'"

JANE BLACK *is the* Smarter Food *columnist for* The Washington Post.

GROW YOUR OWN Want to grow beans like the Yankee Dan or Bill Stumbo next year? For seeds visit *southernexposure.com* or *heirlooms.org*, which features over 80 varieties collected by Bill Best. And once you're growing your own, read Best's book *Saving Seeds Preserving Taste* (Ohio University Press, 2013) and you may be inspired to become a seed saver yourself

Sunny-Side Beans

h•w h•f

Makes: 4 servings, 1 egg & about 1 cup beans each
Active time: 35 minutes **Total:** 1 hour
Equipment: Four 10-ounce ovenproof bowls or an 8-inch-square baking dish
Cost per serving: under $1.50

In this lovely presentation, eggs are baked over a bed of saucy beans in ovenproof bowls or ramekins. (The runny yolk mingles deliciously with the melted butter.) The dish uses a combo of green beans (or yellow, as in this photo at left) in the pod plus a cup of the beans shelled out—known as "shelly beans"—or baby lima beans or crowder peas. Crowder peas are any variety of field pea, such as a black-eyed pea.

- 1½ cups water
- 12 ounces green beans, trimmed, cut in 1-inch pieces (about 3 cups)
- 1 cup fresh shelled beans, fresh crowder peas or frozen baby lima beans
- ¼ cup minced onion
- 2 tablespoons butter
- ½ teaspoon salt
- 4 large eggs, at room temperature (see Tip, page 100)
- Freshly ground pepper to taste

1. Bring water to a boil in a large saucepan. Add green beans and shelled beans (or peas or lima beans). Reduce the heat to maintain a lively simmer and cook, uncovered, stirring occasionally, until tender, 15 to 20 minutes. (The beans will not be completely submerged in the liquid.) Stir in onion, butter and salt. Remove from heat, cover and let stand until the butter is melted.
2. Meanwhile, preheat oven to 350°F. Fill four 10-ounce ovenproof bowls (or an 8-inch-square baking dish) with hot water to warm them while the oven preheats.
3. Empty the bowls (or dish) and dry. If using bowls, place them on a baking sheet. Evenly divide the bean mixture and butter sauce among the bowls (or spread in the baking dish). Using a large spoon, make a ½-inch-deep well in the beans for each egg. Break an egg into each well.
4. Bake until the egg whites are just set, 15 to 20 minutes. Check after 15 minutes; if necessary, continue to bake, checking every minute or two, until the whites are set but the yolks are still liquid. Remove from the oven and let stand 5 minutes; the eggs will continue to cook a little bit. Serve with a generous grinding of pepper on top.

Per serving: 204 calories; 11 g fat (5 g sat, 3 g mono); 201 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 11 g protein; 6 g fiber; 379 mg sodium; 396 mg potassium. **Nutrition bonus:** Vitamin A (22% daily value), Vitamin C (19% dv), Folate (15% dv).

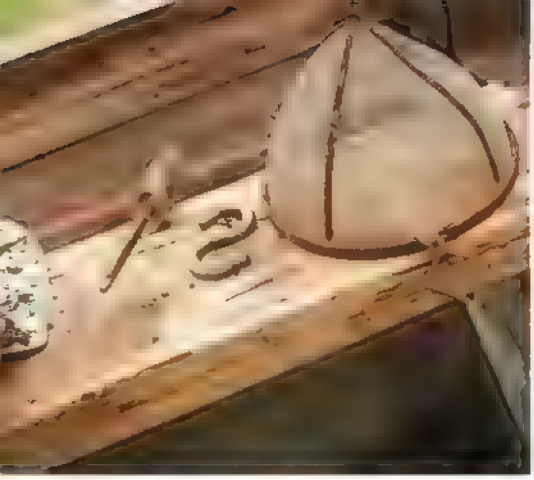
Three Sisters Succotash

h•w h•f h•h

Makes: 6 servings, about ⅔ cup each
Active time: 25 minutes **Total:** 1 hour

Corn, squash and beans, known as the three sisters, were traditionally grown together by Native Americans. And the companions are as delicious married in the pot as they are harmonious in the garden. Succotash, from the Narraganset word msiquatash, referred to a winter stew made from corn and beans, but now also describes various vegetable blends, such as this delightful summer garden mix. If you find lovely patty pan squashes you could use those instead of regular zucchini or summer squash.

More Summer Side Dishes Find easy recipes for summer side d shes at **eatingwell.com/go/summer**



- 12 ounces green beans, trimmed, cut into ¾-inch pieces (about 3 cups)
- ¾ teaspoon salt, divided
- 2 large ears fresh corn, husked
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon butter
- 2 small summer squash *or* zucchini, cut into ½-inch pieces
- ¼ teaspoon freshly ground pepper
- 2 scallions, finely chopped

1. Place beans in a large saucepan; add water to cover. Add ½ teaspoon salt. Bring to a boil. Cover, reduce heat to maintain a simmer and cook until the beans are tender, 20 to 30 minutes.
2. Meanwhile, cut corn kernels from the cobs: Hold an ear by its stem end in a deep bowl. Use a small sharp knife to cut off the kernels, letting them fall into the bowl. Then scrape down the cob with a small spoon, scraping the "milk" and remaining corn pulp into the bowl. (Discard the cobs.)
3. When the beans are done, drain, reserving the cooking liquid.
4. Heat oil and butter in a large, heavy skillet over medium heat. Add the corn and "milk." Stir to coat well, then add squash (or zucchini), the beans and 2 tablespoons of the bean-cooking liquid. Cook, stirring occasionally, until the corn and squash are tender, 8 to 12 minutes. Add more bean-cooking liquid if necessary to keep the mixture from sticking to the pan. Season with the remaining ¼ teaspoon salt and pepper. Sprinkle with scallions and serve immediately.

Per serving: 128 calories; 7 g fat (2 g sat, 4 g mono); 5 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 300 mg sodium; 330 mg potassium. **Nutrition bonus:** Vitamin C (27% daily value).

Meatless Mountain Green Beans with Potatoes

h•w h•f h•h

Makes: 8 servings, about 1 cup each
Active time: 15 minutes **Total:** 2 hours

In the southern Appalachian Mountains, green beans were cooked at the back of the stove in a bacon-seasoned broth with new potatoes added in the final part of the long, slow process. The result is a vegetable dish so imbued with meaty flavor that it was regularly served as the main part of an otherwise meatless meal with slaw, fresh tomatoes, sliced cucumbers, raw onion and cornbread. Here the meaty flavor is created sans pork with smoked Spanish paprika and olive oil. Look for smoked paprika with other spices in well-stocked supermarkets.

- 2 pounds green beans, trimmed, cut into 1-inch pieces (about 8 cups)
- 4 cups water, or as needed
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons smoked Spanish paprika, mild *or* sweet, plus more to taste
- 1½ teaspoons salt
- 16 baby *or* new potatoes (about golf ball size), rinsed but not peeled

1. Place beans in a large pot or Dutch oven. Pour in enough water to just barely cover the beans. Add oil, paprika and salt; gently stir to combine. Bring to a boil. Reduce heat to maintain a lively simmer, cover and cook until the beans are tender, about 1 hour. (Check the pot occasionally and add water a little bit at a time if the beans are in danger of cooking dry.) Taste the bean broth and stir in additional paprika, if desired, for a "meatier" taste, but do so in small increments; too much can impart a bitter taste.
2. Place potatoes on top of the beans and push down into the broth. Return to a simmer and cook, uncovered, until the potatoes are very tender, 20 to 30 minutes more.

Per serving: 121 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 3 g protein; 5 g fiber; 444 mg sodium; 362 mg potassium. **Nutrition bonus:** Vitamin C (25% daily value), Vitamin A (21% dv).

Ginger Bean Chow-Chow

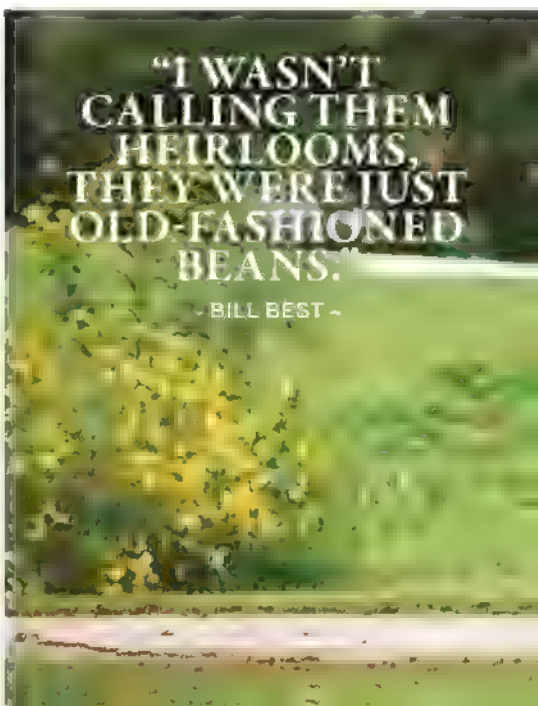
h•w h•h

Makes: about 5 cups
Active time: 1 hour **Total:** 1¾ hours (plus overnight brining)
To make ahead: Refrigerate for up to 1 month.

Chow-chow varies regionally, but generally it is a tangy, sweet and spicy relish made with coarsely chopped vegetables served either as a condiment (on a hot dog or sandwich, for instance) or drained and served as a vegetable side. This version includes beans, fennel, green tomato and bell pepper, but you could try it with other summer vegetables, such as corn or zucchini.

Chow-Chow Vegetables
- 7 cups water, divided
- 2 cups diced green beans (½ inch)
- 1½ cups (fresh *or* frozen) baby lima beans
- 1 cup diced fennel bulb (½ inch)
- 1 cup diced green tomato *or* tomatillo (½ inch)
- 1 cup diced red bell pepper (½ inch)
- ½ cup finely diced sweet white onion
- 3 tablespoons kosher salt

Ginger Liquor
- 3 cups distilled white vinegar



¾ cup sugar
1½ tablespoons coarsely chopped fresh ginger
1½ teaspoons fennel seed
¾ teaspoon celery seed
¾ teaspoon mustard seed
¾ teaspoon whole black peppercorns
5 cloves garlic, cut in half

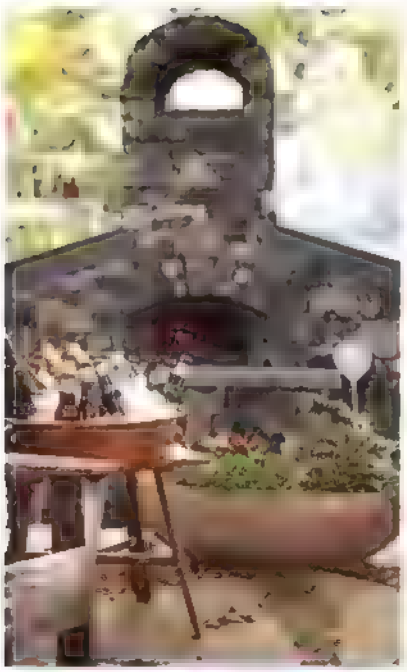
1. **To prepare vegetables:** Place a large bowl filled with ice water next to the stove. Bring 3 cups water to a boil in a large saucepan; add green beans and lima beans and return to a boil. Reduce the heat to maintain a simmer, cover and cook for 5 minutes. Drain and plunge the beans into the ice water to stop cooking. When they are cool, drain and return to the bowl. Add fennel, green tomato (or tomatillo), bell pepper and onion to the bowl. Dissolve salt in the remaining 4 cups of water, then pour over the vegetables. Cover and refrigerate overnight.
2. The next day, drain the vegetables and discard the brine.
3. **To prepare Ginger Liquor:** Combine vinegar and sugar in a large pot. Bring to a gentle simmer, stirring to dissolve the sugar. Add ginger and simmer for 5 minutes. Add fennel seed, celery seed, mustard seed and peppercorns and continue to simmer for 10 minutes. Remove from the heat and add garlic. Let rest for 5 minutes, then drain through a fine sieve into a bowl.
4. Pour the infused liquid back into the pot and add the vegetables. Simmer gently, stirring often, until the vegetables begin to soften, about 10 minutes.
5. Using a slotted spoon, transfer the vegetables from the liquid to a container (or containers) with a tight-fitting lid, such as a canning jar. Pour the liquid over the vegetables and let stand at room temperature until cool. Cover and refrigerate for up to 1 month.

Per ¼ cup: 45 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 9 g carbohydrate; 5 g added sugars; 1 g protein; 2 g fiber; 66 mg sodium; 124 mg potassium. **Nutrition bonus:** Vitamin C (22% daily value).

RONNI LUNDY *is the author of five cookbooks including* Shuck Beans, Stack Cakes and Honest Fried Chicken. *She lives in western North Carolina.*

PARTY PLAN Serve up pizz alads w th icy beer, wine and no-fuss apps l ke ol ves and you ve got a recipe for a relaxed summer get-together

It's pizza.
it's salad it's...
Pizz'alad!



A creation that took the goodness of pizza—a thin, crackly crust, the mmmm-inducing pungency of melted cheese—and combined it with the snap of lettuce and the virtues of farm-fresh vegetables.

My husband, Russ, is a pizza fanatic. Every time he's on the late shift at the hospital and he's in charge of his own dinner, it's frozen-pizza time. I like pizza, but seriously, every night? A salad glistening with a thin coat of dressing is more up my alley. So, to keep us happy, I started making both. Together. Not just pizza with a side of salad, but a pizza that *was* a salad. A pizz'alad, if you will. A creation that took the goodness of pizza—a thin crackly crust, the *mmmm*-inducing pungency of melted cheese—and combined it with the snap of lettuce and the virtues of farm-fresh vegetables.

I started with a riff on Margherita pizza with heirloom tomatoes and fresh mozzarella. The aroma of toasted garlic and baking crust wafted through our tiny condo. Once out, I topped it with a zesty arugula salad. Russ devoured it.

My idea had legs. I started talking up my creation at work. Jessie Price, our food editor, loved the idea and thought it was the perfect inspiration to throw a pizz'alad party at her family's summer cottage.

We laid out the ingredients—plump tomatoes, cucumbers, lots of greens, olive oil, dough, garlic and cheese. The kids darted around like maniacs while the adults sipped icy beers and took turns tending the pizza oven. The first crust emerged, puffed and charred in spots. We topped it with garden salad tossed with an herb-infused creamy ranch dressing that oozed into the crisp crust. When the cutting board was bare and a circle of eager faces peered into the oven waiting for the next round, I knew it was a hit.

And that's how this pizz'alad story came to be. Go ahead and try one for yourself. It makes for a memorable meal at an intersection where pizza lovers and salad lovers can both be happy.

HILARY MEYER *is an associate food editor at* EatingWell.

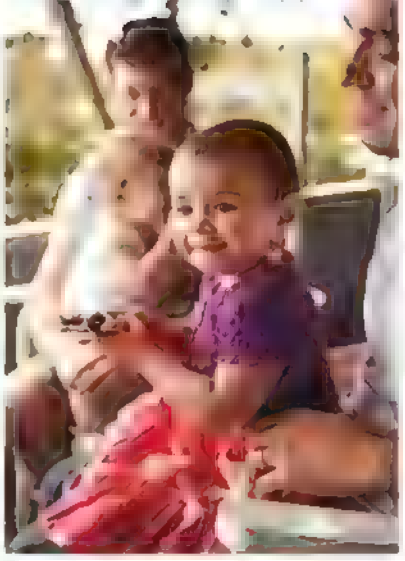
Margherita Pizz'alad

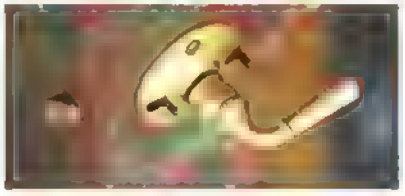
how

Makes: 5 servings
Active time: 35 minutes
Total: 50 minutes
(not including making dough)
Equipment: Pizza stone
Cost per serving: under $2

This Italian-flag-inspired Margherita pizza is topped with juicy tomatoes and slices of fresh mozzarella. What could make it better? Adding a salad of arugula, basil and parsley tossed with a tangy balsamic vinaigrette, of course.

Whole-Grain Pizza Dough (page 73)
2 tablespoons extra-virgin olive oil, divided
1 tablespoon minced garlic
1 large tomato, very thinly sliced
5 thin slices fresh mozzarella cheese
1 tablespoon balsamic vinegar





A VERMONT AFTERNOON On the shores of Lake Champlain, the *EatingWell* crew enjoyed pizz'alads as they came out of the wood-burning oven. Author Hilary Meyer's husband, Russ, held their daughter Josie (*left*) while she showed off her appetite.

Whole-Grain Pizza Dough

Makes: One 12- to 14-inch pizza, for 5 servings
Active time: 15 minutes
Total: 1¼ hours
To make ahead: Prepare through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before rolling out.

This master pizza dough recipe is a breeze to roll. Using bread flour gives the crust a crisp and sturdy structure, but all-purpose flour works well in its place.

- ⅔ cup lukewarm water
- 1 teaspoon instant or RapidRise yeast
- 1 teaspoon sugar
- 1¼ cups bread flour or all-purpose flour
- ¾ cup white whole-wheat flour (*see Tip, page 100*) or all-purpose flour
- ½ teaspoon salt

1. Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in bread flour (or all-purpose flour), whole-wheat flour (or all-purpose flour) and salt until the dough begins to come together.
2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (*Alternatively, mix the dough in a food processor. Process until it forms a ball, then process for 1 minute to knead.*) Place the dough in an oiled bowl and turn to coat.
3. Cover the bowl with a clean kitchen towel; set aside in a warm, draft-free place until the dough has nearly doubled in size, about 1 hour.

Per serving: 189 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 7 g protein; 3 g fiber; 235 mg sodium; 66 mg potassium. **Nutrition bonus:** Iron (22% daily value), Folate (20% dv).

- 1 teaspoon Dijon mustard
- ½ teaspoon sugar
- 2 cups arugula, trimmed if necessary
- 1 cup torn fresh basil
- ½ cup flat-leaf parsley
- ¼ cup shredded Pecorino Romano cheese

1. Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.
2. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).
3. Combine 1 tablespoon oil and garlic in a small bowl and brush the dough with it. Top with tomato and mozzarella slices. Slide the pizza onto the hot stone. Bake until golden and crispy, about 10 minutes.
4. Meanwhile, whisk vinegar, mustard and sugar in a large bowl. Whisk in the remaining 1 tablespoon oil. Add arugula, basil and parsley and toss to coat.
5. When the pizza is done, transfer to a large cutting board and let cool for 5 minutes. Mound the salad in the middle of the pizza, sprinkle with Pecorino Romano and serve immediately.

Per serving: 332 calories; 12 g fat (4 g sat, 6 g mono); 18 mg cholesterol; 44 g carbohydrate; 1 g added sugars; 13 g protein; 4 g fiber; 463 mg sodium; 264 mg potassium. **Nutrition bonus:** Vitamin A (32% daily value), Folate (28% dv), Iron & Vitamin C (27% dv), Calcium (19% dv)

Want gluten-free pizz'alad?
We made and enjoyed pizza crust using King Arthur Flour's gluten-free bread mix. To order, visit *kingarthurflour.com*

Prosciutto, Asiago & Bitter Greens Pizz'alad

how hoh

Makes: 5 servings
Active time: 50 minutes
Total: 50 minutes
(not including making dough)
Equipment: Pizza stone
Cost per serving: under $1.50

At the heart of this piquant pizz'alad of bitter greens and Asiago cheese is a classic pizza topping—anchovies—that we use to flavor the dressing.

Whole-Grain Pizza Dough (page 73)
2 cloves garlic, minced
3 tablespoons extra-virgin olive oil, divided
4 slices prosciutto, cut into strips
2 tablespoons sherry vinegar
½ teaspoon anchovy paste *or* ½ teaspoon minced anchovy fillet
4 cups thinly sliced bitter greens, such as radicchio *and/or* escarole
⅓ cup shredded Asiago cheese

1. Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.
2. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).
3. Combine garlic and 1 tablespoon oil in a small bowl and brush the dough with it. Sprinkle with prosciutto. Slide the pizza onto the hot stone. Bake until golden and crispy, 8 to 10 minutes.
4. Meanwhile, whisk vinegar, anchovy and the remaining 2 tablespoons oil in a large bowl. Add greens and Asiago; toss to coat.
5. When the pizza is done, transfer to a large cutting board and let cool for 5 minutes. Mound the salad in the middle and serve immed.ately.

Per serving: 333 calories; 13 g fat (3 g sat, 7 g mono); 17 mg cholesterol; 42 g carbohydrate, 1 g added sugars; 13 g protein; 4 g fiber; 709 mg sodium; 197 mg potassium. **Nutrition bonus:** Folate (35% daily value), Iron (25% dv), Vitamin A (19% dv).

PIZZ'ALAD
ON THE GRILL
Preheat grill to medium-high. Slide the rolled-out pizza dough onto the grill rack, close the lid. Cook until lightly puffed and browned on the bottom, 3 to 5 minutes. Transfer to a cutting board, charred-side up. Spread on any toppings. Return to grill, close lid and cook until browned on the bottom, 3 to 5 minutes.

BUILD YOUR OWN Put out ingredients and let guests create their own pizzas. A tip to share: go light on toppings to get a crisp crust that's a perfect contrast with fresh salad toppings like these bitter greens (*left*) or garden salad (*below right*).

Loaded Garden Pizz'alad

h·f

Makes: 5 servings
Active time: 45 minutes
Total: 45 minutes
(not including making dough)
Equipment: Pizza stone
Cost per serving: under $2

This pizza is piled high with veggies—lettuce, bell pepper and avocado, just to name a few—and is tossed with a lightened-up herb ranch dressing. We recommend a knife, fork and plenty of napkins to dig into this one! (Photograph: page 70.)

Whole-Grain Pizza Dough (*page 73*)
1 tablespoon extra-virgin olive oil
¾ cup shredded provolone cheese
2 cups chopped romaine lettuce
1 small red bell pepper, diced
1 avocado, diced
1 cup sliced button mushrooms
1 cup cherry tomatoes, halved
1 clove garlic, minced
⅛ teaspoon salt
⅓ cup reduced-fat sour cream
⅓ cup buttermilk
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh dill
½ cup alfalfa sprouts

1. Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.
2. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).
3. Brush the dough with oil and sprinkle cheese on top. Slide the pizza onto the hot stone. Bake until golden and crispy, 8 to 10 minutes.
4. Meanwhile, toss lettuce, bell pepper, avocado, mushrooms and tomatoes in a large bowl.
5. Mash garlic and salt together with a fork in a small bowl to make a coarse

FIRE IT UP This Italian pizza oven has become the focal point of summer parties at its new lakeside home in Vermont. While it cooks pizzas at 700°F we've found that a 500° oven or a hot grill does a wonderful job with these pizz'alads.

When the cutting board was bare and a circle of eager faces peered into the oven waiting for the next round, I knew it was a hit.

paste. Stir in sour cream, buttermilk, chives and dill until combined.

6. When the pizza is done, transfer to a large cutting board and let cool for 5 minutes. Drizzle 2 tablespoons of the dressing over the pizza. Mound the salad in the middle and drizzle with the remaining dressing. Top with alfalfa sprouts and serve immediately.

Per serving: 370 calories; 15 g fat (5 g sat, 8 g mono), 16 mg cholesterol; 48 g carbohydrate; 1 g added sugars; 13 g protein; 7 g fiber; 436 mg sodium; 525 mg potassium. **Nutrition bonus:** Vitamin A (53% daily value), Vitamin C (49% dv), Folate (40% dv), Iron (26% dv), Calcium (16% dv), Potassium (15% dv).

Blue Cheese & Spinach Pizz'alad

h•w h•h

Makes: 5 servings
Active time: 55 minutes
Total: 55 minutes
(not including making dough)
Equipment: Pizza stone
Cost per serving: under $1.50

Cobb salad meets pizza in this summery pie topped with spinach, corn and blue cheese soaked in a bacon-spiked tomato vinaigrette. We love a full-flavored blue cheese like Maytag on this pie, but a milder cheese is also nice and will let some of the other flavors shine through a little more. (Photograph: page 70.)

Whole-Grain Pizza Dough (*page 73*)
1 tablespoon extra-virgin olive oil
½ cup crumbled blue cheese, divided
¼ cup chopped fresh chives or scallions
3 slices bacon, chopped
2 tablespoons chopped shallot
2 tablespoons cider vinegar
2 teaspoons honey mustard
1 large tomato, cut in half, divided
3 cups baby spinach
1 cup fresh corn kernels
2 large hard-boiled eggs, chopped

1. Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.
2. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).
3. Brush the dough with oil and sprinkle with ¼ cup blue cheese and chives (or scallions). Slide the pizza onto the hot stone. Bake until golden and crispy, 8 to 10 minutes.
4. Meanwhile, cook bacon in a small skillet over medium heat until crispy, about 5 minutes. Remove bacon bits to a paper towel-lined plate with a slotted spoon. Add shallot to the pan and cook, stirring, until softened and fragrant, about 1 minute. Remove from heat and stir in vinegar and mustard.
5. Stand a box grater up in the pan; shred one tomato half through the large holes; stir to combine the tomato juice with the dressing. (Discard tomato skin.) Transfer 2 tablespoons of the dressing to a small bowl.
6. Chop the remaining tomato half and toss in a large bowl with spinach, corn, eggs, the remaining ¼ cup cheese and the remaining dressing.
7. When the pizza is done, transfer to a large cutting board and let cool for 5 minutes. Drizzle the reserved dressing over the pizza. Mound the salad in the middle and serve immediately

Per serving: 366 calories; 12 g fat (5 g sat, 5 g mono); 91 mg cholesterol; 49 g carbohydrate; 2 g added sugars; 16 g protein; 4 g fiber; 619 mg sodium; 453 mg potassium. **Nutrition bonus:** Vitamin A (48% daily value), Folate (38% dv), Iron (29% dv), Vitamin C (23% dv).

Vietnamese Mango & Chicken Pizz'alad

h•w h•f h•h

Makes: 5 servings
Active time: 45 minutes
Total: 45 minutes
(not including making dough)
Equipment: Pizza stone
Cost per serving: under $1.50

This sweet-spicy pizz'alad combines a crisp crust with a crunchy cabbage, mango and chicken salad that's tossed with a Vietnamese-inspired dressing made with fish sauce and lime juice. Be sure to serve it right after you add the salad to keep the crust from becoming soggy.

- 3 tablespoons lime juice
- 2 tablespoons canola oil, divided
- 1 tablespoon light brown sugar
- 1 tablespoon fish sauce
- 1 tablespoon minced garlic
- 1 cup shredded cooked chicken (about 8 ounces; *see Tip, page 100*)
- Whole-Grain Pizza Dough (*page 73*)
- 2 cups thinly sliced napa cabbage
- 2 cups thinly sliced red cabbage
- ½ cup grated carrot
- ¼ cup chopped fresh mint
- 2 scallions, sliced
- 1 fresh serrano *or* jalapeño pepper, minced
- 1 mango, chopped

1. Combine lime juice, 1 tablespoon oil, brown sugar, fish sauce and garlic in a large bowl. Add chicken, stir to coat and set aside to marinate while you prepare the pizza.
2. Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.
3. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).
4. Brush the dough with the remaining 1 tablespoon oil. Slide the pizza onto the hot stone. Bake until golden and crispy, 8 to 10 minutes.
5. Meanwhile, add napa and red cabbage, carrot, mint, scallions and pepper to the chicken; toss to combine
6. When the crust is done, transfer to a large cutting board and let cool for 5 minutes. Mound the salad in the middle, top with mango and serve immediately.

Per serving: 366 calories; 8 g fat (1 g sat, 4 g mono); 24 mg cholesterol; 58 g carbohydrate; 4 g added sugars; 18 g protein; 6 g fiber; 517 mg sodium; 406 mg potassium. **Nutrition bonus:** Vitamin C (89% daily value), Vitamin A (71% dv), Folate (32% dv), Iron (29% dv).

Extra Web-Only Recipe! Get our Web-only recipe for Roasted Garlic, White Bean & Kale Salad Pizza at **eatingwell.com/go/kalepizza**

Grain salads may be the perfect summer food—ideal for casual outdoor parties, cool when it's too hot to cook, a vehicle for all the produce of the season and a tasty way to get your whole grains.

entertaining grains

By Anna Thomas

It's 7:30 on a warm summer evening. The sun is dipping low and the patio is in shade. I open the refrigerator and take out a container of Ratatouille Black Rice & Farro Salad. It's fragrant with the juicy ripeness of summer vegetables and the smoky mystery of the grill. An abundance of toasty, chewy farro, flecked with aromatic black rice, glistens with olive oil and shreds of charred tomato. Buried in the grain mosaic are chunks of eggplant with blackened edges, strips of red peppers and onions. I spoon it onto plates and push a bottle of crisp, dry rosé into an ice bucket. I carry it to the table in my backyard. Life is good.

I remember the first time I made that salad—in fact, the moment when I became a grain-salad maniac. It was when my younger son went to college and came home a vegan. *What would I cook for my darling Teddy?* I was after something gorgeous, mouthwatering—and practical. A hearty grain salad is a meal in a bowl, with protein and fiber, rich in vitamins and minerals and packed with vegetables. And it could be

made ahead, keep well and travel easily. My secret intent was to fill Teddy's fridge.

When it was time to visit Teddy, I made a big batch of the farro and black rice, and stirred in the juicy grilled vegetables. Then I packed a container full and took it to the house where he lived with a gang of other art students. I unloaded my hamper on the kitchen counter. *Woosh...* A pack of hungry young artists fell upon it like locusts, and it was gone. Before I could look for plates, those cheerful young people were scraping out the bottom of the bowl.

"Mom, that was the best thing I've ever eaten," said the lad, who knew how to get more food delivered to his house.

So I became a matchmaker in my kitchen, introducing whole grains to all the vegetables, legumes, nuts and fruits, fresh herbs and spices that I already loved. *Red quinoa, meet sweet corn and black beans, and that sexy, spicy poblano pepper—you're all from the New World, you should know each other...* I dressed that salad up with cilantro, lime and cumin. The tiny quinoa, with its delicate crunch and distinct, slightly sweet/slightly herbal taste, took to those party-bright flavors like a champ.

I started making salads with every grain I could lay my hands on. In July, when peaches or nectarines were fragrant and English cucumbers were perfect, I tossed them with wild Italian arugula and folded it all into honey-sweet Bhutanese red rice. The mild, chewy rice was perfect with a snap of fresh ginger and serrano chile.

Hearty grain salads became my staple every summer—made ahead, waiting in the refrigerator. On a hot evening, a cool dinner was ready. I took platters of salad to summer parties, to concerts in the park... and to L.A., where Teddy was living after he graduated, in another house full of artsy roommates. I'd stop in, unpack the food and watch him share the bounty. I don't think any of those salads ever made it to the fridge.

And every one got the same comment from Teddy. "Mom, this is the most delicious thing I have ever eaten. It's the best thing you've ever made. Really."

"A **hearty grain salad** is a meal in a bowl, packed with **protein and fiber,** rich in **vitamins and minerals...**"

Corn & Black Bean Quinoa Salad

h•f

Makes: 12 servings, about 1 cup each
Active time: 1½ hours **Total:** 1½ hours
To make ahead: Prepare through Step 7, cover and refrigerate for up to 1 day. Finish with Step 8 just before serving.

Serve this spicy quinoa, black bean, corn and poblano salad with whatever you're grilling, or have a larger portion as a main dish. To use canned beans, skip Step 1 and add about 2½ cups beans in Step 7.

- 12 cups water, divided
- 1 cup dried black beans
- 6 cloves garlic, peeled
- 1½ teaspoons salt, divided
- 4 medium poblano peppers
- ⅔ cup red quinoa
- 3 large ears fresh corn, husked
- 6½ tablespoons extra-virgin olive oil, divided
- 1 large red onion, halved and sliced
- 1 teaspoon whole cumin seeds, toasted and ground (*see Tip, page 82*)
- 1 cup crumbled cotija cheese
- ¼ cup fresh lime juice, plus 1 whole lime, cut into 12 wedges
- 2 cups cherry tomatoes, halved
- ½ cup cilantro leaves
- 1 avocado, thinly sliced

1. Combine 8 cups water, beans and garlic in a large saucepan. Bring to a boil over high heat. Reduce heat to a simmer and cook the beans until tender, 1 to 1¼ hours. Add ½ teaspoon salt and simmer another 10 to 15 minutes so the salt can flavor the beans. Drain and discard garlic; let cool.
2. Meanwhile, preheat broiler to high.
3. Place peppers on a baking sheet and broil 3 to 4 inches from heat source, turning often, until blistered and charred, 8 to 15 minutes total. Transfer to a paper bag and seal or place in a bowl and cover with plastic wrap. Let stand 10 minutes. Peel the peppers and discard the stems, ribs and seeds. Tear the peppers into fat strips and cut the strips in 1-inch lengths.
4. Bring 4 cups water to a boil in a medium saucepan. Add quinoa and ¼ teaspoon salt; boil until tender but still crunchy, 10 to 14 minutes. Drain well and spread on a plate to cool.
5. Meanwhile, bring another pot of water to a boil. Add corn and cook for 3 minutes. Let cool slightly, then slice the kernels off the cobs with a sharp knife.
6. Heat 1½ tablespoons oil in a medium nonstick skillet over medium-high heat. Add onion and ¼ teaspoon salt. Cook, stirring frequently, until limp and speckled with charred spots, 4 to 8 minutes. Stir in cumin.
7. Combine the beans, the peppers, the corn, the onion and cheese in a large bowl. Add the remaining ½ teaspoon salt and toss. Add the remaining 5 tablespoons oil and lime juice and toss again. Gently stir in the quinoa.
8. Just before serving, stir in the tomatoes and cilantro. Serve the salad with avocado and lime wedges.

Per serving: 256 calories; 14 g fat (3 g sat, 8 g mono); 9 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 8 g protein; 7 g fiber; 302 mg sodium; 526 mg potassium. **Nutrition bonus:** Vitamin C (71% daily value), Folate (29% dv), Magnesium (19% dv), Potassium (15% dv).

those
whole grain
likely to put on
compared to people who
rarely ate them

Toasting brings out the flavor in spices like the cumin in this tabbouleh. Toast seeds in a dry skillet over medium heat, stirring, until fragrant, about 2 minutes. Transfer to a plate to cool. Grind with a spice mill or mortar and pestle.

Tabbouleh with Chickpeas

Tabbouleh with Chickpeas

h•f

Makes: 8 servings, about 1 cup each
Active time: 1 hour **Total:** 2 hours
To make ahead: Prepare without the tomatoes and refrigerate for up to 1 day. Dice and drain tomatoes and stir into the salad shortly before serving.

This tabbouleh has lots of parsley, mint, tomatoes and cucumbers. Cumin and cinnamon add a subtle depth to the flavors. Bring it as a side to a party or serve as a one-dish supper for 6 instead of 8.

- 1½ cups bulgur
- 3 cups boiling water
- 1½ teaspoons salt, divided
- 1½ cups diced seeded peeled cucumber
- 2 cups diced tomatoes (1 pound)
- 1 15-ounce can chickpeas, rinsed, *or* 1⅔ cups cooked chickpeas
- 1½ cups chopped flat-leaf parsley
- ½ cup chopped fresh mint
- ½ cup thinly sliced scallions
- 5 tablespoons lemon juice
- ½ teaspoon cumin seeds, toasted and ground (*see Tip, page 82*)
- ½ teaspoon ground cinnamon
- Freshly ground pepper to taste
- 3 tablespoons extra-virgin olive oil
- 1 cup crumbled feta cheese

1. Place bulgur in a large bowl and pour boiling water over it. Stir in ½ teaspoon salt, cover and let stand for 30 minutes. Drain through a fine sieve, pressing down firmly with the back of a spoon to squeeze out excess moisture. Return to the bowl and let cool.
2. Meanwhile, toss cucumber in a bowl with ½ teaspoon salt and let stand for at least 45 minutes. Rinse, then drain in a sieve, pressing to extract excess water. Transfer to the bowl with the bulgur. Place tomatoes in a sieve and let drain for a few minutes.
3. Add the tomatoes to the bulgur and cucumber along with chickpeas, parsley, mint, scallions, lemon juice, cumin, cinnamon and the remaining ½ teaspoon salt and gently combine. Season with pepper. Refrigerate for about 1 hour to let the flavors develop.
4. Add oil to the tabbouleh and toss gently. Serve topped with feta.

Per serving: 257 calories; 10 g fat (4 g sat, 5 g mono); 17 mg cholesterol; 35 g carbohydrate; 0 g added sugars. 9 g protein; 8 g fiber; 503 mg sodium; 448 mg potassium. **Nutrition bonus:** Vitamin C (48% daily value), Vitamin A (35% dv), Folate & Magnesium (20% dv), Iron (17% dv), Calcium (16% dv).

Red Rice Salad with Peaches & Cucumber

h•w h•f h•h

Makes: 8 servings, about 1¼ cups each
Active time: 45 minutes
Total: 1 hour 40 minutes
To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day. Finish with Step 4 just before serving.

Sweet peaches or nectarines, lemon and a kiss of ginger and chile sparkle against chewy red rice in this salad. Bhutanese red rice has a delicate flavor and cooks in 20 minutes. Look for it near other whole-grain rice in natural-foods stores. Can't find Bhutanese rice? Use another red rice or brown rice and adjust the cooking time.

- 4 cups diced English cucumbers (about 1¼ pounds)
- 1¼ teaspoons salt, divided
- 1½ cups water
- 1 cup Bhutanese red rice, rinsed
- ⅓ cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon grated fresh ginger
- 3 cups diced ripe but firm peaches *or* nectarines (about 1 pound)
- ¼ cup sunflower seeds, toasted (*see Tip, page 100*)
- ¼ cup chopped fresh mint
- 1 teaspoon minced seeded fresh serrano chile, or to taste
- 3 cups arugula, coarsely chopped

1. Toss cucumber in a bowl with ¾ teaspoon salt; let stand at room temperature for 1 hour. Rinse, then drain in a sieve, pressing to extract excess water.
2. Meanwhile, combine water, rice and ¼ teaspoon salt in a large saucepan. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer, cover and cook until the rice is tender, about 20 minutes. Let stand, covered, for 5 minutes. If there is any water remaining, drain the rice in a fine colander. Fluff with a fork and spread out on a baking sheet to cool.
3. Whisk lemon juice, oil, ginger and the remaining ¼ teaspoon salt in a large bowl until well combined. Add the cucumber, the rice, peaches (or nectarines), sunflower seeds, mint and chile; mix well. Refrigerate for about 30 minutes to let the flavors develop.
4. Just before serving, add arugula and toss again.

Per serving: 204 calories; 9 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 225 mg sodium; 360 mg potassium. **Nutrition bonus:** Vitamin C (18% daily value), Magnesium (15% dv).

Red Rice Salad with Peaches & Cucumber

Ratatouille Black Rice & Farro Salad

h•f h•h

Makes: 10 servings, 1¼ cups each
Active time: 1 hour 20 minutes
Total: 1 hour 20 minutes
To make ahead: Cover and refrigerate for up to 1 day

All the vegetables that go into this ratatouille get a touch of smoke from the grill, then are mixed with farro and black rice. Any black rice will work, but we like nutty-flavored, medium-grain Forbidden rice the best. This whole-grain rice is commonly available where other whole-grain rice is sold. (Photograph: page 79.)

Grains
- 1 cup farro, rinsed
- 2 cups water plus 1⅓ cups, divided
- 1 teaspoon salt, divided
- ⅔ cup Forbidden black rice, rinsed
- 1 tablespoon extra-virgin olive oil
- 1 large onion, quartered lengthwise and thinly sliced crosswise
- 1 teaspoon chopped fresh thyme *or* ½ teaspoon dried
- 2 tablespoons port *or* water

Grilled Vegetables
- ½ cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 2 tablespoons balsamic vinegar
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh thyme *or* 2 teaspoons dried
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon fennel seeds, lightly crushed
- 2 medium zucchini
- 1 small eggplant (about 1 pound)
- 1 large onion
- 2 medium red bell peppers
- 3 medium tomatoes
- ⅓ cup chopped fresh parsley

1. **To prepare grains:** Combine farro, 2 cups water and ½ teaspoon salt in a medium saucepan. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer, cover and cook until the farro is tender, 20 to 30 minutes. Let stand, covered, for 5 minutes.
2. Meanwhile, combine rice, 1⅓ cups water and ¼ teaspoon salt in another medium saucepan. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer, cover and cook until the rice is tender, about 30 minutes. Let stand, covered, for 5 minutes.
3. Drain any remaining liquid from the farro and rice; fluff with a fork. Spread out on a large baking sheet to cool.
4. Meanwhile, heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add onion, thyme and ¼ teaspoon salt. Cook, stirring often, until the onion is browned in spots, 5 to 7 minutes. Reduce the heat to medium-low, cover and cook very gently, stirring occasionally, for 10 minutes more. Add port (or water), increase heat to medium-high and cook, stirring, until the liquid sizzles away, 15 to 30 seconds. Set aside to cool.
5. **To prepare vegetables:** Preheat grill to medium-high.
6. Whisk ½ cup oil, red-wine vinegar, balsamic vinegar, garlic, thyme, 1 teaspoon salt, pepper and fennel seeds in a large bowl.
7. Slice zucchini and eggplant lengthwise into ½-inch slices; cut onion into ½-inch-thick slices. Cut bell peppers lengthwise in quarters; remove seeds and stem. Core tomatoes and cut in half. Brush all the vegetables generously on both sides with ½ cup of the vinaigrette, leaving the remaining vinaigrette in the bowl.
8. Place about half the vegetables on the grill. Grill, turning once or twice, until softened and charred in spots, 5 to 10 minutes total. Remove to a large plate as they are done and grill the remaining vegetables.
9. **To assemble:** When cool enough to handle, peel the tomatoes and add to the bowl with the vinaigrette. Crush them with a spoon or your hand into a chunky sauce. Chop the other vegetables into bite-size pieces and add to the bowl; gently stir to combine. Add the farro, rice and onion mixture and gently stir to combine.

Per serving: 292 calories; 14 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 6 g protein; 7 g fiber; 480 mg sodium; 547 mg potassium. **Nutrition bonus:** Vitamin C (135% daily value), Vitamin A (45% dv), Potassium (16% dv).

Roasted Beet & Barley Salad

h•f h•h

Makes: 6 servings, about 1¼ cups each **Active time:** 40 minutes **Total:** 2 hours **To make ahead:** Prepare through Step 4 (don't add radishes), cover and refrigerate for up to 1 day. Stir in radishes and basil and top with nuts before serving.

Barley matches up with earthy, tender beets and the crunch of fresh celery, radishes and nuts in this salad. Red beets turn your salad a gorgeous magenta. For a softer color, use golden or chioggia baby beets instead.

- 1¼ pounds baby beets (10 to 15, depending on size)
- 6 cups water
- ¾ cup pearled barley, rinsed
- 1¼ teaspoons salt, divided
- ¼ cup cider vinegar
- 2 tablespoons extra-virgin olive oil
- 1½ tablespoons whole-grain mustard
- 1 tablespoon honey *or* agave nectar
- Freshly ground pepper to taste
- 1 cup thinly sliced celery
- 1 cup thinly sliced radishes
- ¼ cup thinly sliced scallions
- ¼ cup slivered fresh basil
- ½ cup walnuts *or* pecans, toasted (*see Tip, page 100*), coarsely chopped

1. Preheat oven to 400°F.
2. Scrub beets under running water. Wrap the damp beets in heavy-duty foil (or a double layer of foil), crimping it closed to make a packet. Place in the oven and roast the beets until tender when pierced with a fork, 1 to 1½ hours, depending on the size. Unwrap; when cool enough to handle, slip off the skins with your fingers. Cut the beets in quarters lengthwise.
3. Meanwhile, combine water, barley and ¾ teaspoon salt in a large saucepan. Bring to a boil over high heat. Reduce heat to maintain a bare simmer and cook, uncovered, until the barley is tender, but still chewy, 40 to 50 minutes. Drain well and spread out on a baking sheet to cool.
4. Whisk vinegar, oil, mustard, honey (or agave), pepper and the remaining ½ teaspoon salt in a large bowl. Add the beets, celery, radishes and scallions; toss to coat. Let the vegetables marinate in the dressing for about 15 minutes. Stir in the barley.
5. Just before serving, stir in basil and top with nuts.

Per serving: 262 calories; 12 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 34 g carbohydrate; 3 g added sugars; 6 g protein; 8 g fiber; 367 mg sodium; 535 mg potassium. **Nutrition bonus:** Folate (33% daily value), Magnesium (16% dv), Potassium & Vitamin C (15% dv).

ANNA THOMAS *won a James Beard Award for her last* EatingWell *story, "The Soup for Life" (September/October 2011).*

Th s salad combines beets with barley, which has more fiber than any other whole grain. Good thing, because the fiber found in barley helps control blood sugar and lower both total and LDL cholesterol.

Web-Only Recipe
Thomas's recipe for
[illegible] Sauce

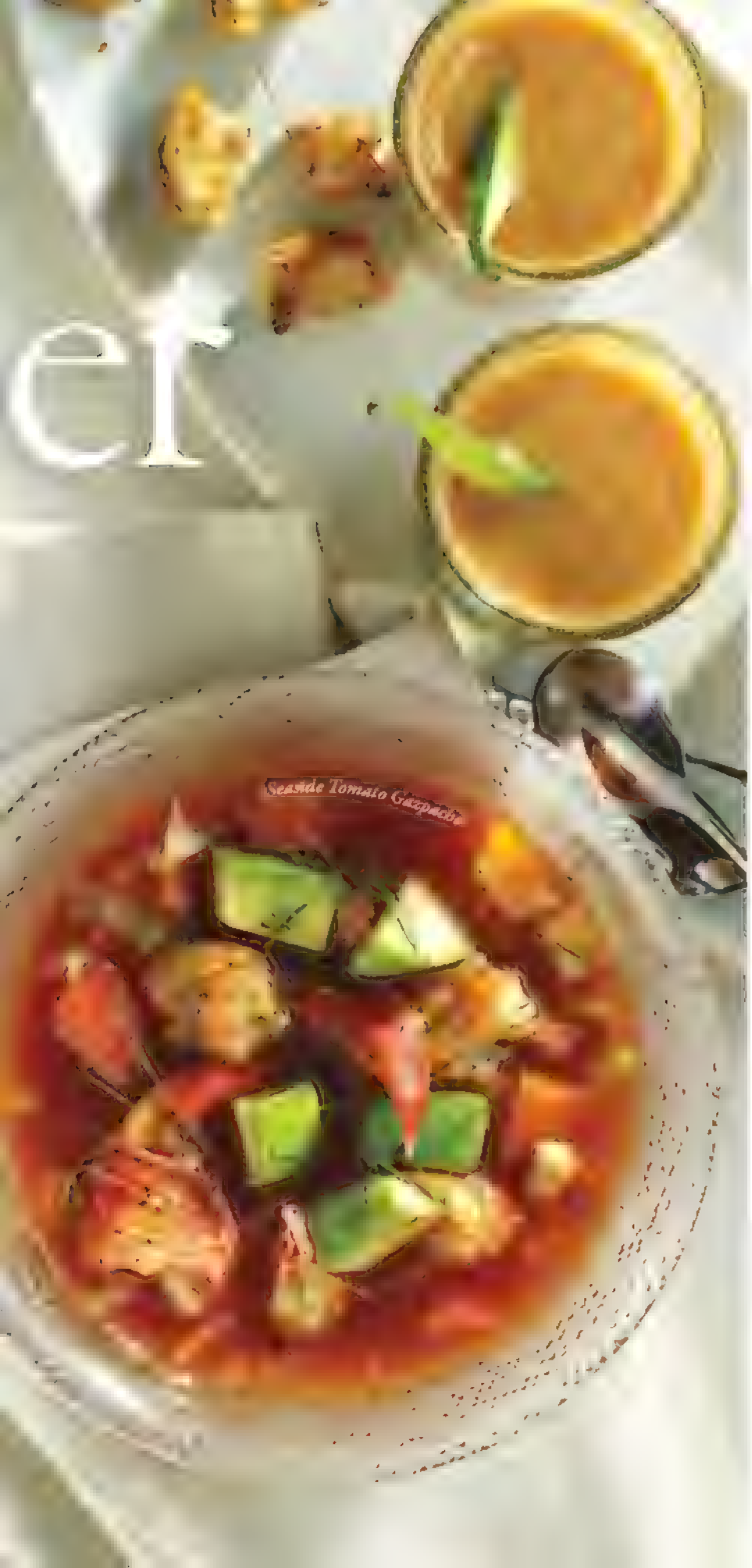
Roasted Beet & Barley Sa ad

A Spoonful of Summer

Imagine all the goodness of summer's freshest vegetables and herbs blended in a refreshing, chilled soup: it's gazpacho season, so get chopping!

Recipes by
CAROLYN CASNER

Photography by
CARIN KRASNER



If summer could arrive on a silver spoon, it would be a sip of gazpacho. This chilled soup—made with fleshy chunks of ripe tomatoes, cucumbers crisper than a cold hilltop morning and topped with cubes of crusty bread—can refresh even the hottest August days. That's one reason the Spaniards and Portuguese developed this regional classic. They blend the garden's best with garlic, vinegar and olive oil and serve it accompanied by iced glasses of *vinho verde* and a view of the turquoise Mediterranean. Here, we share four outstanding recipes that riff on the theme, using the fruits of the summer harvest.

delicate honeydew or rip do. Top the result with toasted almonds or fresh lobster, and it becomes a salad, if you will, in a bowl. Gazpacho not only delivers heaping doses of vegetables, but scientists now think the carotenes, vitamin C and polyphenols in this soup could work to help lower blood pressure. All we know is that just one taste is enough to make you tilt your head back to the sun, close your eyes and smile.

—Lisa Gosselin

Seaside Tomato Gazpacho

h•f h•h

Makes: 4 entree servings (1½ cups each) or 6 appetizer servings (1 cup each)
Active time: 20 minutes
Total: 2 hours 20 minutes
To make ahead: Prepare through Step 1. Cover and refrigerate for up to 3 days. Finish with Step 2 just before serving
Cost per entree serving: under $3.50

Though it originated as a soup made with bread, today gazpachos are often made with diced vegetables, tomato juice and seasonings, and no bread at all. It's a different approach, but one that's just as delicious, especially with a little seaside flair from Old Bay seasoning and lobster or shrimp floated on top. If you don't have time to cook lobster (see how on page 98), buy precooked lobster or ask at the fish counter to have it cooked while you wait

- 3 cups low-sodium vegetable juice, such as V8 or R.W. Knudsen Very Veggie
- 1 orange bell pepper, diced
- 1½ cups diced fennel bulb or celery, plus ¼ cup fennel fronds or celery leaves, divided
- 1 cup diced tomato
- ⅓ cup finely diced red onion
- 2 tablespoons red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon Old Bay seasoning
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 cups chopped cooked lobster from two 1- to 1¼-pound live lobsters (see page 98) or 2 cups chopped peeled cooked shrimp
- 1 avocado, chopped

1. Combine vegetable juice, bell pepper, fennel (or celery), tomato, onion, vinegar, oil, Old Bay, pepper and salt in a large bowl. Cover and refrigerate until chilled, at least 2 hours and up to 3 days.
2. Top each serving of gazpacho with ½ cup lobster (or shrimp) for an entree portion or ⅓ cup for an appetizer serving. Garnish with avocado and fennel fronds (or celery leaves).

Per cup: 252 calories; 11 g fat (2 g sat, 7 g mono); 68 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 22 g protein; 5 g fiber; 462 mg sodium; 950 mg potassium. **Nutrition bonus:** Vitamin C (123% daily value), Vitamin A & Zinc (39% dv), Potassium (27% dv).

Blender Gazpacho

h•w h•f h•h

Makes: 6 servings, about 1 cup each
Active time: 20 minutes
Total: 2 hours 20 minutes
To make ahead: Prepare through Step 1. Cover and refrigerate for up to 2 days. Finish with Steps 2-3 just before serving.

This is the type of gazpacho that food editor Jessie Price makes all summer. Top with a drizzle of great olive oil and this easy blended gazpacho is heaven on a hot day. (Photograph: page 87.)

Gazpacho
- 4 large tomatoes (about 2 pounds), cored and quartered
- 2 slices country white bread, crust removed if desired, torn into pieces
- 1 European cucumber, cut into chunks
- 1 medium green bell pepper, seeded and cut into chunks
- 1 large clove garlic, halved
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper

Croutons
- 3 slices country white bread
- 1 clove garlic, halved

PHOTOGRAPHY JASON KARP'S OIL JINGHAM PROP STYLIST JENNIFER ANAGAN BARTLAMPENA

Say yes!

LACTOSE FREE

DAIRY FREE, VEGAN

Enjoy all the cheesy foods you love.

Reducing or eliminating your dairy? Cutting back on cholesterol? Or just trying to eat better? Say YES to GO Veggie!™, America's #1 cheese free choice, now available in Lactose Free and Dairy Free versions. Eat happy with melttable, stretchable, spreadable GO Veggie! slices, shreds, cream cheese and more!

Say yes to yum and save! Visit www.goveggiefoods.com for coupons.

www.goveggiefoods.com

GO Veggie!

Eat Smart. Live Happy.

©2014 GO VEGGIE! NUTRITIONAL FOODS, INC.

A new study from the University of Barcelona followed nearly 4,000 participants and found those who consumed **gazpacho** cut their risk of high blood pressure by as much as 27 percent.

- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- ⅛ teaspoon dried thyme

1. **To prepare gazpacho:** Working in two batches, puree tomatoes, bread, cucumber, bell pepper, garlic, oil, vinegar, salt and pepper in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours and up to 2 days.
2. **To prepare croutons:** Rub both sides of each slice of bread with garlic, then cut the bread into ½-inch cubes.
3. Heat oil in a large skillet over medium heat. Add the bread and cook, stirring often, until crispy. Sprinkle with pepper, salt and thyme. Serve the gazpacho garnished with the croutons.

Per serving: 220 calories; 11 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 26 g carbohydrate; 2 g added sugars; 5 g protein; 4 g fiber; 518 mg sodium; 499 mg potassium. **Nutrition bonus:** Vitamin C (65% daily value), Vitamin A (28% dv), Folate (16% dv).

Yellow Gazpacho

h•w h•f h•h

Makes: 6 servings, about 1 cup each
Active time: 15 minutes
Total: 2¼ hours
To make ahead: Prepare through Step 1. Cover and refrigerate for up to 1 day. Finish with Step 2 just before serving.

The yellow vegetables of summer—fresh corn, yellow tomatoes and yellow peppers—make this slightly sweet soup a bowl of sunshine. (Photograph: page 86.)

- 2 cups corn kernels (from about 3 large ears), divided
- 1 large yellow bell pepper, diced, divided
- 4 large yellow tomatoes (about 2 pounds), cored and quartered
- 1 slice country white bread, crust removed if desired, torn into pieces
- ½ cup diced onion
- 3 tablespoons white-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- ¼ cup snipped fresh chives

1. Reserve ⅓ cup each corn kernels and bell pepper; cover and refrigerate. Working in two batches, puree the remaining corn and bell pepper, tomatoes, bread, onion, vinegar, oil and salt in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours and up to 1 day.
2. Serve garnished with the reserved corn and bell pepper and chives.

Per serving: 136 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 464 mg sodium; 588 mg potassium. **Nutrition bonus:** Vitamin C (92% daily value), Folate (21% dv), Potassium (17% dv).

White Gazpacho

h•w h•f h•h

Makes: 6 servings, about 1 cup each
Active time: 20 minutes
Total: 2 hours 20 minutes
To make ahead: Prepare through Step 2. Cover and refrigerate for up to 1 day. Finish with Step 3 just before serving.

White gazpacho made with bread, almonds, grapes and garlic is one of the traditional variations of this Spanish soup. Here we add cucumbers and honeydew, whir it in a blender, and it becomes silky, a little toasty from the almonds, and refreshing. (Photograph: page 86.)

- 2 English cucumbers, divided
- 2 cups green grapes, divided
- 2 slices country white bread, crusts removed if desired, torn into pieces
- 2 cups "no-chicken" broth (*see Tip, below*) *or* reduced-sodium chicken broth
- 1 cup chopped honeydew melon
- ½ cup sliced blanched almonds, lightly toasted (*see Tip, page 100*), divided
- 1 small clove garlic, halved
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- ¾ teaspoon salt

1. Dice enough unpeeled cucumber to equal ½ cup and slice enough grapes to equal ½ cup; cover and refrigerate.
2. Peel the remaining cucumbers; cut into chunks. Working in two batches, puree the peeled cucumber, the remaining grapes, bread, broth, melon, 6 tablespoons almonds, garlic, oil, vinegar and salt in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours and up to 1 day.
3. Serve garnished with the remaining 2 tablespoons almonds and the reserved cucumber and grapes.

Per serving: 211 calories; 12 g fat (1 g sat, 8 g mono); 0 mg cholesterol; 24 g carbohydrate; 1 g added sugars; 5 g protein; 3 g fiber; 521 mg sodium; 345 mg potassium. **Nutrition bonus:** Vitamin C (22% daily value).

TIP To make White Gazpacho vegetarian, use vegetarian "no-chicken" broth instead of regular vegetable broth for its rich flavor. Look for it with other broths in well-stocked supermarkets.

Make Watermelon Gazpacho! Get our delicious recipe for Watermelon Gazpacho and more at eatingwell.com/go/gazpacho

Seven gluten free flavors. No artificial flavors or colors. All delicious.

Grilling just got Sweeter

with Domino® Organic Blue Agave Nectars.

Agave Pineapple Marinade & Finishing Sauce

This multi-use sauce is perfect as a marinade and a finishing sauce for your favorite grilled dishes.

½ cup - Domino® Organic Amber Agave Nectar
6 oz. - pineapple juice
¼ cup - soy sauce
¼ cup - teriyaki sauce
1 tablespoon - apple cider vinegar
3 cloves - garlic, crushed
1 - scallion, finely chopped

Marinade:
Place all ingredients in an airtight container. Shake well to combine. Makes 2 cups. Use 1 cup for marinade and reserve 1 cup for finishing sauce.

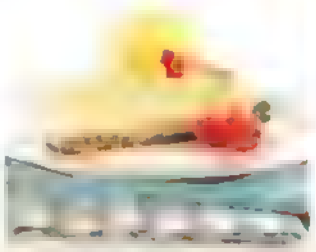
Chicken Pineapple Kebabs:

2 lbs. - chicken breast cut into chunks
½ - fresh pineapple, cut into chunks
1 each - red and green bell peppers, sliced into 8 sections
1 - red onion, quartered and separated
6 - 8 - metal skewers

Marinate chicken, pineapple and vegetables for 2 hours or overnight. Assemble kebabs on skewers by alternating ingredients. Grill, uncovered, over medium heat 6-8 minutes each side or until chicken reaches an internal temperature of 160°F. Serves 6 - 8.

Finishing Sauce:
In a small saucepan, whisk 1 teaspoon cornstarch and 1 cup reserved marinade. Bring to a boil, then simmer 5-7 minutes. Add 2 tablespoons Domino® Organic Amber Agave Nectar; mix well. Makes about 1/2 cup. Serve finishing sauce with kebabs.

Make a summer night refresher with Agave Berry Sangria



Yes, you can even bake with our agave nectars. Try this Agave Cheesecake

A delicious, all-natural liquid sweetener from the makers of Domino® Sugar.

Domino® Organic Blue Agave Nectars, with a low glycemic index, are made from the core of the blue agave plant. Low glycemic foods help keep energy levels balanced and are a good part of a healthy diet.

Whether you use Domino® Organic LIGHT Agave Nectar, with its delicate flavor, or AMBER with a more caramel-like flavor, you're sure to enjoy it over fruits, cereals, or in beverages, sauces and baked goods.

For over 100 years...

the Real Way to do Sweet!™

dominoagave.com

Domino Sugar is part of ASR

test kitchen

tips · techniques · tools

Tangy, Fruity & Fabulous SORBETS!

We wait all year for this midsummer moment when plums turn succulent, peaches give when you squeeze them lightly, a quart of strawberries perfumes your whole kitchen and raspberries make you squint from their sunshine-tart flavor. This time of year, fruit is so outstanding it's almost wrong to do anything with it... Almost, but not quite, because there's sorbet. Sorbet, which at its simplest is pureed fruit, a little sweetener and some liquid, seems to intensify a fruit's essential flavor, but in a cool, frosty form ideal for hot days. Without the heavy cream, it carries none of the guilt of ice cream. Plus you get the goodness of all that antioxidant- and vitamin-packed fruit. Turn the page to see how to take this season's bounty, add a little flair with fruit juices, wine, liqueurs or herbs, and make the sorbets of your dreams.

Fruit Sorbet in 5 Easy Steps

PICK YOUR FRUIT AND FOLLOW THESE 5 STEPS AND THE CHART ON PAGE 96 TO GET STARTED. CUSTOMIZE THE SORBET WITH YOUR CHOICE OF LIQUIDS OR ACCENTS (*SEE BELOW*).

1 Puree. Start with 4 to 6 cups of chopped fruit or berries (*see "7 Delicious Flavor Combinations" on page 96*) and puree in a food processor until smooth.

Fruit to try:
- Blackberry
- Blueberry
- Mango
- Peach
- Plum
- Raspberry
- Strawberry

For the best flavor, wait until fruit is ripe before turning it into sorbet. The riper your fruit, the less sugar you need in Step 3.

2 Strain (sometimes). Pour the puree of any fruit with seeds or bitter skins through a fine-mesh sieve set over a bowl and press on the solids to extract the juice. (Which fruit to strain? *See page 96.*)

3 Make Syrup. Heat liquid(s), sugar and any accent (*see page 96*) in a small saucepan over medium heat, stirring, until the sugar is dissolved.

To customize syrup, use the liquid, accent and amount of sugar of your choice. Use ½ to 1½ cups liquid. To figure out how much liquid you need, measure the puree. Use enough liquid so that when the puree and liquid are combined in Step 4, the volume will be at least 3 cups and no more than 4 cups. (*Don't combine liquid and puree at this point.*) Combine the liquid with ¼ to ½ cup sugar in a saucepan. To figure out the amount of sugar to add, taste the fruit puree: if it's very sweet, use ¼ cup sugar; if it's too tart, add as much as ½ cup. Add an accent (if desired); heat over medium, stirring, until the sugar is dissolved.

Liquids to try:
- Citrus juice (orange, lemon, lime)
- Grape juice (white or Concord)
- Apple juice blends or cider
- Fruit nectars (pear, apricot, peach)
- Sweet liqueurs (Chambord, Amaretto, Frangelico, Grand Marnier)
- Wines (sparkling, white, red, rosé, port or sherry)

Accents to try (*start with a small amount and taste as you go*):
- Citrus zest (orange, lemon, lime)
- Extracts (vanilla, almond, coconut)
- Fresh ginger, finely minced
- Fresh herbs, finely minced (basil, lavender, mint)

Win This Ice Cream Maker! [illegible] stakes details on page 100 and enter at eatingwell.com/WinIceCream

4 Combine. Stir the sweet syrup into the fruit puree and chill the mixture in the refrigerator until cold, about 4 hours.

5 Freeze. Pour the sorbet mixture into an ice cream maker and freeze according to manufacturer's directions.

No ice cream maker? Freeze the sorbet mixture in a shallow metal cake pan or ice cube trays until solid, about 6 hours. Break into chunks and process in a food processor until smooth, scraping down the sides as needed.

PHOTOGRAPHED BY PEYTON ALLEN

BETTER
than MAYO™
Treat your tastebuds and your waistline!
VEGENAISE
Sandwich Spread
NON GMO Project
• Cholesterol Free
• Heart-Healthy Oils
• Refrigerator Fresh
Which Vegenaise® is right for you?
VEGENAISE
VEGENAISE
FOLLOW YOUR HEART.
www.FollowYourHeart.com

7 Delicious Flavor Combinations

	FRUIT	STRAIN?	LIQUID & ACCENTS	SUGAR	YIELD	CALORIES PER ½ CUP
[illegible]	6 cups hulled strawberries (about 2 pounds)	No	½ cup water PLUS 1 tablespoon lemon juice and 2 teaspoons vanilla extract	½ cup	3½ cups	99
Orange-Blackberry	6 cups blackberries (about 1¾ pounds)	Yes	½ cup orange juice PLUS ½ cup water	⅓ cup	3 cups	96
Lime-Mango	5 cups chopped ripe mango (about 5 mangoes)	No	½ cup water PLUS ¼ cup lime juice and 2 teaspoons lime zest	¼ cup	4 cups	88
Chambord-Raspberry	4 cups raspberries (about 1 pound)	Yes	1 cup water PLUS ½ cup Chambord (nonalcoholic substitute: apple-raspberry juice)	5 Tbsp.	3 cups	161
Champagne & Peach	4 cups quartered, pitted ripe peach (about 4 peaches)	No	1 cup Champagne (nonalcoholic substitute: white grape juice) PLUS 1 tablespoon lemon juice	½ cup	4 cups	102
[illegible] Plum	5 cups quartered, pitted ripe plum (about 6 plums)	Yes	½ cup ruby port (nonalcoholic substitute: Concord grape juice) PLUS ¼ cup water	½ cup	3 cups	160
Ginger-Blueberry	4 cups blueberries (about 1¼ pounds)	No	¾ cup water PLUS 2 tablespoons lemon juice and ½ teaspoon minced fresh ginger	¼ cup	3 cups	90

FOR MORE NUTRITION INFO, TURN TO PAGE 4

Want Frozen Yogurt Too? Watch how to make it using a food processor at **eatingwell.com/go/frozenyogurt**

Bard Valley

NATURAL DELIGHTS

FRESH MEDJOOL DATES

TASTE ENERGY
THE WAY NATURE INTENDED

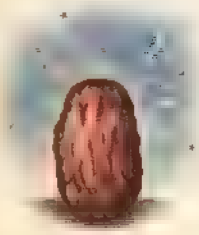
It's nature's perfect treat. And whether you're fueling up for work or the kid's softball practice, Natural Delights Medjool dates are still the naturally sweet energy source.

ENJOY THE ORIGINAL HEALTHY SNACK

From the classic Medjool date to a sumptuous date roll with coconut, almond or pistachio, the perfect fruit brings perfect taste. Honey-sweet, satisfyingly chewy, the Medjool date is also much more than taste-bud deep.

POLYPHENOL PACKED

Studies show that these powerful compounds help combat free radicals and extend life. There's no better source for polyphenols than Natural Delights, the #1 brand of Medjool dates.*



SUSTAINED ENERGY

A source of fiber, Natural Delights Medjool dates rate low-medium on the Glycemic Index, meaning you'll feel fuller longer and enjoy sustained energy without the sugar crash

POST-WORKOUT POTASSIUM PICK-ME-UP

A good source of potassium, Medjool dates help reduce lactic acid buildup that causes sore muscles after a hard workout. Meaning tomorrow, you can go even harder.

COUPON

MANUFACTURER'S COUPON · EXPIRES 9 30 2013

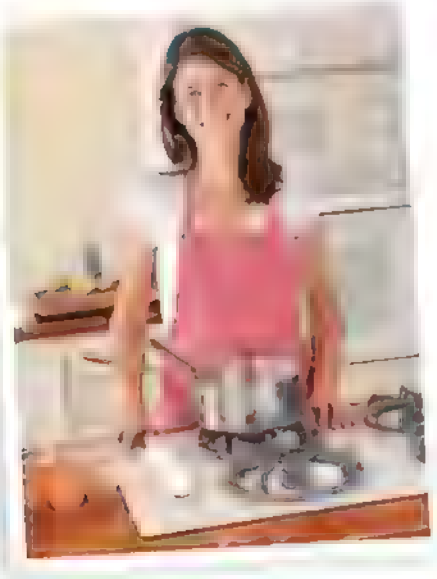
0007923-131167

$2.00 OFF

Any package of Bard Valley Natural Delights Medjool dates.

Learn more about the world's original and still most perfect treat at naturaldelights.com

I love lobster, but it seems a little intimidating to cook it. What is the best way to cook it at home? —*E. Roberts, Margate, NJ*



Send your healthy-cooking questions to **Test Kitchen Manager Stacy Fraser** at *askus@eatingwell.com*

You aren't alone. We took an informal survey of *EatingWell* staff and friends and found that most people who love lobster never cook it at home. Some people imagine it's tricky to cook and others are concerned about cooking it in a humane way. Here's what you need to know to give it a try:

Gather Your Supplies: Be sure you have a big pot with a lid, a pair of gloves to protect your hands, lobster crackers (or kitchen shears) and small forks to get the meat from the shell.

Shop & Store: Plan on one 1- to 1¼-pound live lobster per person (each one yields 4 to 5 ounces cooked meat). Store for up to 24 hours in a ventilated container at the back of the bottom shelf of your refrigerator.

To Cook: Fill a lobster pot, stockpot or canning pot about three-quarters full with water; bring to a boil. Leaving rubber bands on and wearing a thick glove, grasp one lobster at a time around the body and add to the water, claws first. (Most large pots hold up to four 1- to 1¼-pound lobsters.) When all the lobsters are in, cover the pot and start timing—don't wait for the water to return to a boil. Cook 8 minutes for 1-pound lobsters. For larger lobsters, add 2 minutes for each ¼ pound. Remove the lobsters to a colander; let excess water drain before transferring to a serving plate.

If you'd rather not add lobsters to the pot while they are still alive, you can kill them just before they go in. (This is a quicker way to kill them.) Wearing gloves,

PHOTOGRAPHY BY KEN BURRIS (LEFT & TOP); ERICA ALLEN (RIGHT)

place a lobster on its back on a cutting board. With one swift motion, insert the tip of a chef's knife right below the claws and cut down through the head. Stop short of cutting through the top shell.

To Shell a Cooked Lobster:

1. Grasp a claw near the body. With a firm twist, remove from the body. Repeat with the second claw.

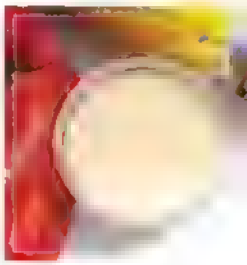
2. Crack through the claw shell using a pair of kitchen shears or a lobster cracker. Remove the meat with a small fork.

3. Hold the body in one hand and firmly grasp the tail in the other; twist and gently pull the tail from the body. (Discard the body.) The greenish "goop" on the tail meat is called tomalley. It's edible, but functions as a filter and accumulates contaminants from the ocean so it's best to skip it. The bright red roe is the unfertilized eggs of female lobsters. It's edible.

4. Cut through the underside of the tail shell with kitchen shears or use lobster crackers to crack the shell. Remove the meat with a fork.

EatingWell Lobster Dipping Sauce

When you dip the meat from a 1- to 1¼-pound lobster in butter you eat about 2 tablespoons butter. To save about 125 calories and 11 grams saturated fat, try this lightened-up dipping sauce instead.

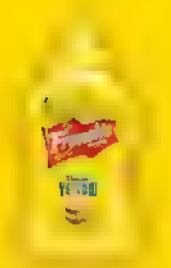


Bring ¾ cup dry white wine, ¼ cup lemon juice and ¼ cup minced shallot to a simmer in a small saucepan over medium heat. Simmer until the shallot is softened, 2 to 3 minutes. Add 4 tablespoons unsalted butter and ¼ teaspoon salt; whisk until the butter is melted. Combine 1 tablespoon water and 1½ teaspoons flour in a small bowl; whisk into the sauce and cook, whisking, until thick enough to coat the back of a spoon, about 2 minutes. *Makes 8 servings (2 tablespoons each).*

NUTRITION INFO FOR LOBSTER & SAUCE: PAGE 4

More Lobster Recipes for Lobster Rolls and more at **eatingwell.com/go/lobster**

FARMERS MAKE OUR MUSTARD ZERO CALORIES, NOT SCIENTISTS.



100% NATURAL. NO CALORIES OR GLUTEN. JUST FLAVOR.

test kitchen tips & notes

Try black bean-garlic sauce (*page 52*) and **chile-garlic sauce** (sometimes labeled chili-garlic paste; *page 52*) in Chinese sauces and stir-fries. Look for both in jars with the Asian food in most supermarkets.

Make your own fresh bread-crumbs (*page 54*) from whole-wheat bread. Trim crusts, tear bread into pieces and process in a food processor until coarse crumbs form. **For coarse dry breadcrumbs** (*page 46*), spread crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about ½ cup fresh or ⅓ cup dry crumbs. Store extra crumbs airtight in the freezer. Or buy coarse dry whole-wheat bread-crumbs, often labeled "Panko."

Bring eggs to room temperature (*pages 58, 67*) by either setting them out on the counter for 15 minutes or submerging them (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

Oil the grill rack (*pages 38, 40, 52, 54*) before you grill to keep food from sticking: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

We love to use Korean chile paste (also called gochujang or kochu-jang; *page 52*) for its spicy fermented red-chile flavor. Annie Chun's brand (*pictured*) is increasingly available in large supermarkets, or look for it in Asian markets. To make a substitute, combine 2 table-spoons each white miso and Asian-style chile sauce, such as sriracha, and 2 teaspoons molasses.

Toast nuts before using in a recipe for the best flavor. To toast whole nuts (*pages 38, 44, 84*), spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes. **To toast small or sliced nuts or seeds** (*pages 44, 83, 90*), cook in a small dry skillet over medium-low heat, stir-ring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Poach chicken (*page 77*) to quickly cook it for recipes that call for cooked chicken. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to a simmer and cook until no longer pink in the middle, 10 to 15 minutes, depending on size. (Eight ounces raw boneless, skinless chicken breasts yields about 1 cup shredded cooked chicken.)

Try using white whole-wheat flour (*pages 44, 73*) in place of all-purpose flour. It's made from a white variety of wheat, light in color and flavor but with the same nutritional properties as regular whole-wheat flour. Look for it in supermarkets, natural-foods stores or online at *bobsredmill.com* or *kingarthurflour.com*. Store it in the freezer.

Win This Ice Cream Maker!

On July 25 we're giving away a new Cuisinart ice cream maker, which you can use to make the healthy sorbet recipes in this issue. Enter our daily sweepstakes at *eatingwell.com/WinIceCream*

Daily Sweepstakes: No purchase necessary to enter or win. Subject to Official Rules and entry at *www.eatingwell.com/WinIceCream*. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., E.T. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

$2,500 Kitchen Upgrade Sweepstakes Official Rules (*pages 6, 98*): NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at *www.eatingwell.com/winupgrade*. The $2,500 Kitchen Upgrade Sweepstakes begins at 12:01 a.m. CT on 6/1/13 and ends at 11:59 p.m. CT on 8/31/13. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per day. Void where prohibited. Sponsor: Meredith Corporation.

PHOTOGRAPHY BY ERICA ALEXANDER (LEFT); COURTESY CUISINART (RIGHT)

A taste of summer with a healthy twist

All Carlson products are GLUTEN-FREE and contain no: wheat, casein, milk, rye, oats, MSG, preservatives, artificial colors or sweeteners, peanuts, eggs, or corn.

Because you shouldn't have to worry about what's in the supplements your children take.

Studies have shown the importance of omega-3s for healthy brain and vision development in growing children.* Carlson for Kids award-winning Norwegian fish oils ensure your children receive the healthy benefits of omega-3s in a tasty way. Our Norwegian fish oils have a great natural lemon or orange taste that can be easily mixed into your child's favorite food or taken directly off the spoon. Pair Carlson for Kids fish oils with healthy and simple ingredients and you've got an easy and healthy summer treat the whole family will love.

Strawberry-Orange Freezer Pops

Ingredients:

12 oz of strawberry yogurt (1 ½ cups)

2/3 cup of orange juice

4 tsp of **Carlson for Kids The Very Finest Fish Oil,** *Orange Flavor*

Directions:

Mix all ingredients together. Pour mixture into 8 freezer pop molds, add wooden sticks, and freeze.

Serves 8.

Carlson

For more delicious recipes from Carlson visit www.carlsonlabs.com

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

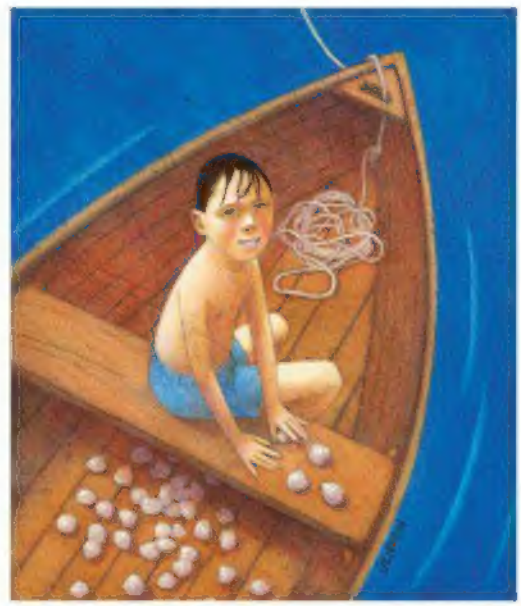
Buried Treasure

BY BIDDLE DUKE

The *Sea Lady* sank the summer I was 13. She was an ancient, peeling hulk—a wooden motorboat my 18-year-old brother, Dario, bought from someone who was glad to see it go.

One morning we headed over to the bay to go fishing. But instead of finding the *Sea Lady* at her mooring, only the tip of her bow was visible above the water. I remember the look of anguish on Dario's face. We set out to salvage what we could.

As we treaded water and dove around the hull, my brother was disconsolate. "What's Pop gonna say?" he moaned. We threw fishing gear, clothing, flashlights, what have you—most of it ruined—into the dinghy.



Dario kept diving, looking for something specific—I forget what, but it was urgent to him that we find it. I soon got distracted. My 13-year-old mind lost interest and at some point I became aware of the silty bottom and its mud so fine and mysterious that I had to dive down to feel it with my hands. My fingers went in and instantly found something hard and ridged and carefully sculpted. At the surface I discovered it was a clam and I had one of those small eureka moments, like when you're sitting there daydreaming and a fish strikes your line. For the rest of my life, every clam became a great find, and a miracle.

I tossed the first clam into the dinghy. Then another, and another, knowing full well that my brother would be angry. I kept thinking, "I should be helping him," but then deciding to get one more clam, then another.

When Dario finally noticed the clams building up in the bottom of the dinghy, I preempted him: "Look," I sputtered, holding out a littleneck triumphantly.

The look on his salt-crusted face said with anger and disbelief: *You dumb, inconsiderate little brother.*

On our way home, we talked about what Dad might say, and braced for the worst. Though we share a father, a tragedy separates the two of us: Dario's mother died in a plane crash when he was 4. My mother and I had come after that. This was one of those times when my mother would listen and weigh in gently, taking our clams, cleaning them and popping them in the pot without too many questions. Anything to do with the boat was Dad's realm, and Dario was his son.

At dinner, Dad listened carefully to our story. In my mind, the sunken boat would surely mean stern words and parental disappointment. But that evening there was none of that. "I'm sure you did everything right," Dad offered firmly but brightly, as he poured a dash of the Spanish sherry he liked to drink into the lemony butter.

Dad was more interested in the clams. He asked who'd found them first and how we'd dug them up. He was impressed, which was uncommon.

Sitting there sharing clams on our little back porch, I recollect Dad chuckling at the story of us finding the *Sea Lady* under water and of the furious neighbor who had complained to the constable that his view of the creek was blemished by our wreck.

I have this memory of the unexpected lightness of the moment, the aroma of butter and lemon and sherry, and the mud under our fingernails, and of knowing a father's love.

Years later, I moved back to Long Island to take a job at my hometown newspaper. On Wednesday afternoons after we'd put out the paper a few of us would go for bike rides, through the woods and along tidal creeks. One particularly hot fall day we stopped at a little creek, stripped down and plunged in.

Pushing off the bottom I felt something familiar: a clam.

Soon, four or five guys were on their haunches in waist-deep water, feeling around with their hands and occasionally pulling up clams and yelling "Got one!"

That night we made Clams Casino. I laid a thick strip of smoky bacon over the clams and garlic, olive oil and lemon-soaked breadcrumbs. They disappeared in minutes.

That spot where the path dips down by the bay would become a favorite for years. Before we knew of clamming laws and licenses, we'd go with my wife's family and watch our kids shuffle around in the muck. The reaction was ever the same.

"Got one," they'd exclaim, before inspecting it, relishing the special find for a second, and tossing it on the bank.

After, we'd lay the harvest out on baking sheets for the oven—Clams Casino, the taste of summer. Generations of us sitting on the back porch in swim trunks, and the aroma of lemon and butter and the mud under my nails reminding me of my brother and the *Sea Lady* and of my father, who is gone now.

BIDDLE DUKE *is the publisher of* The Stowe Reporter *in Stowe, Vermont.*

CATHY GENDRON

EATINGWELL® (ISSN 1548-3339), August 2013, Volume XII, No. 4, is published bimonthly in February, April, June, August, October and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 for one year in the U.S.; $29.95 U.S. dollars in Canada; $34.95 U.S. dollars overseas. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37628, Boone, IA 50037-0628. In Canada: mailed under Publications Mail Sales Product Agreement No. 40009223, Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to EATINGWELL, 2835 Kew Dr., Windsor, ON N8T 3B7. © Meredith Corporation 2013. All rights reserved. **Printed in the U.S.A.**

MY DARLING WISCONSIN CHEESE, YOU ARE MY SUN AND MY MOON. IF IT WEREN'T FOR YOUR ENDLESS LOVE AND DEVOTION, I WOULDN'T be the DELICIOUSLY LOVED PASTA THAT I AM TODAY.

You Complete Me.
~MACARONI

WISCONSIN CHEESE

Outdo Ordinary™
EatWisconsinCheese.com

©2013 Wisconsin Milk Marketing Board, Inc.

FOR A GREAT FINISH, START WITH FAGE TOTAL.

FAGE Total is a truly unique and versatile authentic Greek strained yogurt. Discover how world-class chef Bobby Flay chooses to incorporate this special yogurt into new and delicious dishes at **fagetotalchallenge.com**

FAGE

plain extraordinary®

© 2012-2013 FAGE USA Dairy Industry, Inc. Trademarks are used with permission by FAGE Luxembourg S.a.r.l. All rights reserved.